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OCCUPIED VEHICLE STRUCK BY BULLETS
IN DRIVE-BY SHOOTING PAGE 3

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SPRING FEVER

— see page 17 —

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Tuesday, March 27, 2012



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Mixed reaction to prostitution ruling

Brothels. Ontario court giving Parliament 12 months to draft new law

An Ontario court ruling legalizing brothels is a big progressive step for sex workers, according to a local advocate.

In a landmark ruling on Monday, the Ontario Court of

Appeal said the ban on brothels puts prostitutes at risk and is therefore unconstitutional. But it upheld the ban on soliciting as a reasonable way to protect communities.

In regards to living on the avails of prostitution, the court made it clear that exploitation of prostitutes should be illegal.

"I was very pleased to

see sex workers are being acknowledged as individuals that have rights to health and security — and happy that changes to living off the avails will be reformed," said Rene Ross, executive director of Stepping Stone, a Halifax organization that works with current and former sex workers. "It's very positive that sex

workers are going to be able to move indoors, where it's safer."

But this won't mean the end of the street sex trade, she said. There will always be street sex workers in Halifax and more needs to be done for these people, Ross added.

Keeping the street-solicitation law in place "fuels the violence" against sex work-

ers, she said, because crimes are going unreported and it drives the street trade into isolated, risky areas.

Stepping Stone works with 100 to 115 former and current sex workers a month, plus it connects with 20 to 30 street sex workers through its outreach program.

There was only one raid of a bawdy house or brothel

in HRM that resulted in charges within the past year, said Const. Brian Palmeter with the Halifax Regional Police.

He added it will take over a year for this to all shake out, but in the meantime police will continue to investigate and make arrests where warranted.

**JENNIFER TAPLIN/METRO/
WITH FILES FROM THE CANADIAN PRESS**



ONE WIN AWAY

PAGE 32

Mooseheads forwards Jonathan Drouin and Nathan MacKinnon celebrate a first-period goal during Halifax's 8-2 trashing of the Wildcats in Moncton on Monday during Game 3 of their QMJHL playoff series. The Herd goes for the sweep on Tuesday night. **RYAN TAPLIN/METRO**

Mulcair wastes little time

New NDP leader makes first appearance in Parliament since weekend win; goes after Tories' jobs record PAGE 6

Oval fun doesn't stop with no snow

North Common attraction expected to stay open throughout off-season PAGE 4



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Official Opposition

Dexter believes Mulcair will lead NDP party forward

Premier Darrell Dexter wouldn't say if he voted for Thomas Mulcair, but did say the new federal leader of the NDP is a great fit for the post.

Dexter told Metro on Monday he believes Mulcair is the right person to lead the party forward and is encouraged by his public comments of wanting to lead the federal NDP to power.

It was a message Dexter spoke to party delegates about during a speech at the convention in Toronto on Saturday. That message included broadening the party's appeal to bring in voters who haven't traditionally voted orange, something he was able to do in gaining power provincially.

Leading up to the leadership convention, Dexter had been quiet on which of the seven candidates he was supporting. Dexter had endorsed Dartmouth-Cole Harbour MP Robert Chisholm until he bowed out of the race because of his inability to speak French.

PHILIP CROUCHER/METRO



Darrell Dexter RYAN TAPLIN/METRO

Planning for 2012-13

Budget to be presented to council today

Halifax regional council will get a detailed look at the 2012-13 budget on Tuesday.

Richard Butts, HRM's chief administrative officer, and Greg Keefe, acting chief financial officer, will table the draft budget during the regular council meeting Tuesday afternoon.

Council already has a lengthy agenda in front of them, including the anticipated stadium report.

The meeting gets underway at 1 p.m.

METRO



Halifax police look over a vehicle struck by gunfire in a Dartmouth neighbourhood on Monday. PHILIP CROUCHER/METRO

Police investigate drive-by shooting

Dartmouth. Cops says incident not random as about six shots were fired on Symonds Street



PHILIP CROUCHER
philip.croucher@metronews.ca

Shots rang out in a Dartmouth neighbourhood on Monday as police investigated a brazen drive-by shooting.

Halifax Regional Police say they were called to the 0 to 100 block of Symonds Street regarding a report of multiple shots fired just after 12:30 p.m. Investigators

combed the area throughout Monday afternoon, with police confirming a car was struck multiple times by bullets fired by someone in a moving car.

A house was also struck by at least one bullet, but investigators believe the home wasn't intentionally targeted.

A dark-coloured Nissan Maxima with its back windshield completely smashed out was being looked over by police on the residential street, with a pile of shattered glass nearby in the middle of the road.

Halifax Regional Police spokesman Const. Brian Palmeter said the vehicle fired upon had at least two

people inside at the time of the shooting, but it's unclear whether it was moving or not.

There were no reports of injuries, something Palmeter said was lucky considering what took place.

"For this to happen in broad daylight shows the shooter has no regard for anyone's welfare," he said.

A neighbour told Metro she heard between four and five gunshots, with a vehicle driving away after the shots were fired. She also said there were four people inside the vehicle shot at, and they jumped out after the gunfire, with the car then rolling into a driveway across the street.

Questioned

- Late Monday, police say a 22-year-old man was taken into custody for questioning relating to the shooting.

"It was like bang, bang, bang, bang, bang," said the woman, who wouldn't give her name, as she stood outside her residence several houses down from where police were investigating.

"It's pretty scary," she added of this broad-daylight shooting. "My friend and I walk here every day — every day, every day."

Wannabes. 4 charged with pretending to be cops: Police

Four men have been arrested for impersonating police officers in Cole Harbour.

The real Halifax RCMP say they received a call at 1 a.m. on Sunday regarding a suspicious vehicle. They were told a man and a woman were parked in a vehicle on Bissett Road when another car pulled up behind them.

The car flashed blue and red lights on the dash and blared a siren. But no one got

out of the suspect vehicle and it quickly pulled away.

Later, RCMP located a 2010 Dodge Avenger matching the description of the suspect vehicle. Four men from the Halifax area, aged 19 to 22, were arrested, police said on Monday.

In a release, RCMP said it appears to be an isolated incident, but sent out a warning to the public. While police officers often wear plain

clothes and drive unmarked cars equipped with lights and sirens, they will show their badges and police identification cards.

"Even though reports of police-officer impersonating are not common, if you are stopped by a plain-clothes police officer and after seeing their credentials would like to further verify their identification, call 911 to confirm that the officer is who they

Court date

May 2

All four men arrested are facing charges of impersonating police officers and will appear in Dartmouth provincial court on May 2.

say they are and that they are presently working for that particular police agency," wrote the RCMP in the release. JENNIFER TAPLIN/METRO

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NEWS

Mobile news

Analysts are calling it a "two-horse" race between Apple and Samsung as RIM's sales shrink and the lag time between its releases grows. Scan the code for the story



On the web

Madge's drug reference over the borderline, DJ says

Canadian electronic DJ has entered into a high-profile feud with Madonna, calling the Material Girl an "idiot" after she appeared to glamorize drug use during a recent concert. Get the full story at metronews.ca/video

Love your Halifax oval — year-round

Recreation. Unless there's a safety concern or conflict with construction, oval will stay open throughout off-season



JENNIFER TAPLIN
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Oval lovers aren't waiting for next year to enjoy going around in circles.

The Emera Oval on the North Common is now dry, but that hasn't stopped several people from using it even though the skates have been put away this year.

People are walking, running, wheeling and rollerblading around and around.

"I'm personally (surprised)," said Terry Gallagher, with HRM's infrastructure and asset management. "I was over there on Friday morning and there were three people rollerblading on it. I'm absolutely delighted that people find a use for it other than putting on their ice skates and skating in a circle."

A request for proposals was posted Monday to build a permanent building on the site as well as landscaping at the oval.

Summer usage

Another community-engagement session on what the oval should look like in the summer months is being set up for April.

- Ideas circulating, like beach-volleyball courts in the centre, won't materialize until next summer at the earliest.

Construction of the estimated \$1.4-million building will hopefully be completed by the midpoint of next winter season. It will house the rental shop for skates and helmets, room for the Zamboni, offices, bathrooms, community lounge and storage.

The exterior landscaping aspect covers the area from Cogswell Street to the track and will cost an estimated \$500,000. This should be finished before the winter skating season starts.

According to the request for proposals, which closes April 11, protection-from-the-weather elements will be included.

"Use of extended overhangs, wind breaks, heated seating and heated walkways should be considered in the design," was written in the document.



People out enjoying a skate on the Halifax skating oval in January. RYAN TAPLIN/METRO

Titantic anniversary not leading to more hotel stays



Volunteers John Green, left, and Gerald Wright construct a scale model of the RMS Titanic at the Maritime Museum of the Atlantic in Halifax last month. ANDREW VAUGHAN/THE CANADIAN PRESS

The president of the Hotel Association of Nova Scotia doesn't foresee an influx in tourism for Halifax with the 100th anniversary of the Titanic sinking fast approaching.

Scott Travis said hotels in HRM haven't seen any significant increase of booking for next month, with events to recognize the anniversary happening in the city from April 7 to 15.

"It's important to remember it is a commemoration, not a celebration," said Travis, who is also the general manager of Cambridge Suite Hotel in downtown Halifax.

"Halifax is just one of many stops," he added. "We have a story to tell, just as many other places do."

The province and HRM unveiled their plans for the anniversary at a media launch last month at the Maritime Museum of the Atlantic.

Ken Pinto, executive director of Titanic 100, said he has been entrusted with \$200,000 for the commemoration, while the province did not say how much it was budgeting.

Sherie Hodds, communications advisor for the provincial department of

Centenary

April events planned for 100th anniversary of the Titanic sinking in Halifax:

- **April 7:** Titanic Film Symposium
- **April 7 to 15:** Titanic Commemorative Wake Festival

- **April 9:** Titanic seminar
- **April 14:** Titanic Interfaith conference
- **April 15:** Titanic Night of the Bells
- **April 15:** Titanic Centennial Spiritual Ceremony

economic and rural development and tourism, said Monday they really don't know how many tourists the commemoration will bring.

"We do know this is a huge story on the world stage, and there is huge international interest," she said. **DREW CASFORD/FOR METRO**

Two male suspects

Police probing robbery of taxi driver

Police are investigating the robbery of a Halifax cabbie on Sunday night.

Halifax Regional Police say they responded to a call from a taxi driver in the 3600 block of St. Paul's Street.

Police say the driver ar-

rived at a Halifax address where two males were standing outside.

One male opened the passenger door of the taxi and produced what was believed to be a handgun and demanded money.

The driver turned over a small amount of cash. The two men then fled on foot.

No one was hurt during the incident and no arrests have been made as police continue to investigate.

METRO

Phase 2

Tolls for Halifax Harbour Bridges to go up, again

The second phase of a toll increase for the Halifax Harbour Bridges is coming into effect on April 1.

In January 2011, the Nova Scotia Utility and Review Board approved a request from HHB to increase tolls. The first increase came into

effect April 1, 2011, upping the tolls by 25 cents more in coin and 10 cents more for MACPASS users.

Starting at 12:01 this Sunday, crossing the two bridges will cost 10 cents more for drivers with MACPASS. The cost is remaining the same for non-MACPASS users.

Maintaining these pieces of infrastructure are of utmost importance and are the reason for the increase, Steve Snider, general manager and CEO of HHB, said in a release. **METRO**



The Macdonald Bridge
PHILIP CROUCHER/METRO

Sudden death

Man dies after tree falls on him

A 40-year-old Cumberland County man has died after he was struck by a tree he was cutting down. The RCMP say they responded to a call Sunday of a sudden death in Chapman Settlement. They say the man was cutting down a tree on his property when it fell on him. **THE CANADIAN PRESS**

Comedy

Former SNL stalwart coming to Halifax

Well-known comedian Norm Macdonald is coming to Halifax.

Macdonald, who spent five seasons as a cast member of NBC's hit show Saturday Night Live, is

bringing his standup show to the Spatz Theatre inside Citadel High School on Oct. 20.

Tickets go on sale this Friday at 10 a.m. and will be sold online through sonicconcerts.com. Ticket prices are \$45.99 in advance and \$50.99 on day of the show.

The Halifax stop is one of three Macdonald will be making in Atlantic Canada. **THE ASSOCIATED PRESS**



Norm Macdonald
THE ASSOCIATED PRESS FILE PHOTO

Damaged goods

Getting stomped

Ten vehicles were damaged at a downtown Truro car dealership over the weekend when someone jumped across them. Truro police say they responded to a report of damaged vehicles at Blakies Dodge Chrysler on Friday. **TRURO DAILY NEWS**

Health

Whooping cough on the rise

New Brunswick's chief medical officer of health says reported cases of whooping cough in the province have doubled in the last month. Eilish Cleary says to date there are 100 reported cases. **THE CANADIAN PRESS**

Austerity

Thousands of NB jobs to be cut

The New Brunswick government plans to cut 4,500 jobs from the province's civil service over the next three years. A government source says that Tuesday's provincial budget will detail the intention to cut 1,500 jobs a year. **THE CANADIAN PRESS**

Sobeys and McCain launch new equity firm

Biz. Halifax-based SeaFort Capital Inc. to buy Canadian companies with profits in the \$2-million-to-\$10-million range.

Two of Atlantic Canada's best-known business families have launched a private equity firm that will focus on investing in small and medium-sized companies across the country.

The board of directors of Halifax-based SeaFort Capital Inc. includes Scott McCain, a senior executive at Maple Leaf Foods and the son of the late Wallace McCain.

He is joined by Donald Sobeys, who helped build the Sobeys grocery chain, and his son Rob Sobeys, who sits on the Sobeys board of directors and is the chief executive of Lawton's Drug Stores Ltd.

Rob Normandeau, former chief executive of publicly

- Announcement**
- In a statement announcing the company's formation, Scott McCain said he expects the new firm will be built on East Coast values of "strong relationships and fair dealings."
 - The statement did not specify how much capital the new venture will have when it starts up.

traded Clarke Inc., will head the new venture as president while Liberal MP Scott Brison will be its chairman.

The company website says the firm's investments will focus on "old economy businesses, including manufacturing and distribution companies" and will avoid tech and science-based enterprises.

Normandeau said SeaFort's goal is to invest in eight to 10 companies.

THE CANADIAN PRESS



It doesn't get better than Mellencamp

Singer-songwriter John Mellencamp, shown performing in Indianapolis last year, is bringing his 2012 No Better Than This Tour to the Dartmouth Sportsplex this summer. Dates for a Canada-wide tour were announced Monday, with an HRM date of July 9 listed for the 3,500-seat Sportsplex. Tickets for the show go on sale on Friday at 10 a.m., with pricing for seats \$89.50, \$69.50 and \$49.50. **DARRON CUMMINGS/THE ASSOCIATED PRESS**



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NDP leader attacks Conservatives on mounting debt

House of Commons.

Newly-elected Opposition leader Thomas Mulcair scrappy in question period debut

Thomas Mulcair made his question period debut as NDP leader Monday after a standing ovation from his caucus and compliments from his defeated opponents.

The newly minted Opposition leader showed his scrappy side as he took on the Conservatives for the first time from his new seat in the House of Commons.

He said the government has failed miserably at getting the country back to work and demanded action in Thursday's budget.

"Since the Conservatives came to power, Canada has



Newly-elected NDP Leader Thomas Mulcair stands in the House of Commons. THE CANADIAN PRESS

lost hundreds of thousands of good jobs in the manufacturing sector," Mulcair said.

Heritage Minister James Moore retorted that 600,000 jobs have been created under the Tory watch.

"We will continue to move

in that direction in the next budget," Moore said.

Mulcair wasn't buying that. "They are leaving the largest environmental, economic and social debt in our history for future generations," he said.

Mulcair's party greeted him warmly in his first Commons appearance since he came out on top in a seven-person race for the leadership at the party's weekend convention in Toronto. His four MP opponents spoke briefly about the need for unity. Toronto MP Peggy Nash urged the party to "unite behind our leader and future prime minister."

Olivia Chow, widow of former leader Jack Layton, remained pointedly neutral during the campaign, but she dropped that attitude on Monday to praise Mulcair.

"We can be proud to say that New Democrats across Canada elected a strong and experienced leader," Chow said.

THE CANADIAN PRESS



The \$50's newest feature

Bank of Canada Governor Mark Carney holds a new \$50 bill while standing in front of the Canadian Coast Guard ship Amundsen on Monday in Quebec City. The Amundsen is displayed on the back of the new bank note, made of polymer. JACQUES BOISSINOT/THE CANADIAN PRESS

Separation survey?

Quebecers torn on Constitution

Quebecers still have an appetite for independence if they don't get constitutional reform, suggests a Leger Marketing survey.

The new survey found that 44.5 per cent of Quebecers would still support separating from Canada if the Constitution could not be changed enough to satisfy the majority of the province. Nearly 39 per cent said the province should stay in the federation even if no amendments are made.

THE CANADIAN PRESS

Troubling U.S. trend

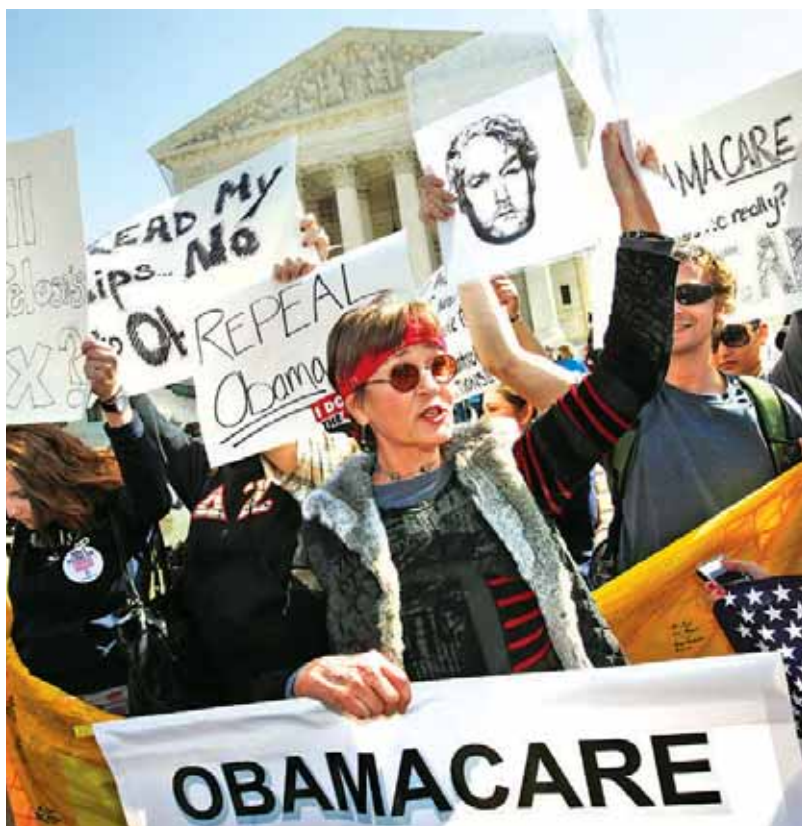
Canuck profiles off-limits to snoops

Labour laws in Canada offer strong protection from employers who ask jobseekers for personal information like social media passwords.

Rules in the U.S. are much more lax, lawyers said, citing cases in which hiring managers have asked candidates to turn over their login information as part of the vetting process.

THE CANADIAN PRESS

Obama's health law gets day in court



Protesters with the Tea Party Patriots, including Linda Dorr of Laguna Beach, Calif., centre, protest the Affordable Care Act outside the U.S. Supreme Court in Washington, D.C., on Monday. JACQUELYN MARTIN/THE ASSOCIATED PRESS

Hearings begin. U.S. Supreme Court will hear arguments on a law that would give health insurance to 95 per cent of Americans

The U.S. Supreme Court yesterday heard the first of three days of arguments on President Barack Obama's health-care overhaul.

The overhaul touches core political divisions in the United States and will have a major impact on the life of virtually every American.

Demonstrators chanted outside the court Monday. "Care for you, care for me, care for every family," supporters shouted. A half-dozen opponents yelled, "We love the Constitution!"

Since Obama signed the legislation into law two years ago, 26 states have challenged the constitutionality of the overhaul. It's the largest expansion in the nation's social safety net in more than four decades. All four Republicans battling for the nomination to challenge Obama in November have promised to undo the overhaul. That is unless the conservative-dominated Supreme Court doesn't strike it down in a decision expected

in June.

The fight over the law, aimed at extending health insurance to more than 30 million Americans, has further inflamed deep divisions in a country knocked off balance by the recession and embroiled in a political battle about the role of government.

In active questioning over 90 minutes, none of the justices appeared to embrace the view of some that the case has been brought prematurely.

Solicitor general Donald Verrilli Jr., defending the health law, urged the court to decide what he called "the issues of great moment" at the heart of the case.

Republicans are leading the fight to kill the law either via the court or through congressional repeal. They say the worst fears about what they derisively call "Obamacare" have already come to pass in the form of higher costs and regulations, claims that the law's supporters dispute.

The insurance mandate that likely will dominate the hearings was designed to protect the profits for insurance companies by expanding the number of people who are customers. That is envisioned as an offset to losses as a result of federal laws preventing insurers from denying coverage to people with medical problems, forbidding them from

Much at stake

- Until the health-care law, the United States was the only major developed country without a national health-care system.
- The hearings this week will be closely followed for clues about what the nine Supreme Court justices are thinking. The court has four liberal-leaning justices and five conservatives.

dropping coverage for individuals who become seriously ill and limiting how much they can charge older people.

Opponents of the mandate provision argue that Congress lacked authority under the Constitution for its unprecedented step of forcing Americans to buy insurance whether they want it or not.

The administration argues Congress has ample authority to do what it did. If its action was rare, it is only because Congress was dealing with a problem that has stymied Democratic and Republican administrations for decades: How to get adequate health care to as many people as possible, and at a reasonable cost.

THE ASSOCIATED PRESS



Members of the New York State Senate, from left, Kevin Parker, Bill Perkins and Eric Adams, wear hooded sweatshirts during session in Albany, N.Y., on Monday, to protest the shooting death of Florida teen Trayvon Martin.

MIKE GROLL/THE ASSOCIATED PRESS

Family of Fla. teen lashes out at new reports

Shooting death. Supporters of Trayvon Martin put on the defensive after marijuana, beating claims emerge

The family and supporters of slain Florida teenager Trayvon Martin found themselves on the defensive Monday following revelations he had been suspended from school for marijuana before he was shot to death by a neighbourhood watch volunteer. Police also confirmed a report that the watchman claimed Martin was the aggressor, punching him in the nose and smacking his head on a sidewalk.

Martin, 17, was suspended by Miami-Dade County



Student Francesca Placide displays her T-shirt in tribute to Trayvon Martin in Miami on Monday. WALTER MICHOT/THE MIAMI HERALD/THE ASSOCIATED PRESS

schools because traces of marijuana were found in a plastic baggie in his book bag, family spokesman Ryan Julison said. Martin was serving the suspension when he was shot Feb. 26 by George Zimmerman, who was patrol-

ling the neighbourhood that Martin was visiting with his father.

Zimmerman, 28, claimed he shot Martin in self-defence and has not been arrested. Because Martin was black and Zimmerman has a white father and Hispanic mother, the case has become a racial flashpoint that has civil-rights leaders and others leading a series of protests in Sanford and around the country.

Martin's mother, Sybrina Fulton, and family attorneys blamed police for leaking the information about the marijuana and Zimmerman's claim about the attack to the news media in an effort to demonize the teenager.

"They killed my son and now they're trying to kill his reputation," Fulton told reporters.

THE ASSOCIATED PRESS

Diary confession. Defence wants less time for Calgary mom who smothered son

The defence says an abusive childhood reduces the moral culpability of a Calgary woman who confessed in her diary to killing her infant son.

Stacey Joy Bourdeaux, 34, pleaded guilty last summer to manslaughter in the death of 10-month-old Sean Ronald Fewer in 2004 and to the attempted murder of her five-year-old six years later. She also admitted to failing to provide the necessities of life.

Defence lawyer Katherine Beyak says Bourdeaux deserves a sentence in the eight- to 10-year range and not the 18 years

that the Crown is demanding. While the Crown has pointed to the journal entries as aggravating factors, Beyak told court Monday that the entries did show signs of remorse.

Beyak said Bourdeaux was both physically and sexually abused as a child and received virtually no counselling. That in turn hurt her ability to cope with stressful situations — all "provocative" factors in the death of the infant who was ill and constantly crying.

Bourdeaux's sentence will be delivered on June 22.

THE CANADIAN PRESS

How did French gunman go from housing projects to terror campaign?

Mohamed Merah grew up in one of the toughest housing projects of Toulouse, France, with his mother, two brothers and two sisters. At age five, his parents split up — and he took that hard. As a youth he turned to petty crime, landing in prison twice.

How the young man described by one top official as a "little failure" went on to carry out France's biggest terror spree since the mid-1990s is provoking anguished questions in one of the West's most-seasoned terrorism-fighting nations.

Merah's weeklong motorcycle shooting rampage killed three French paratroopers, three Jewish schoolchildren and a rabbi, horrifying France and raising fears that al-Qaida had struck again in Europe. The 23-year-old himself bragged of affiliation to the terror network, but officials say no evidence has turned up of such ties.

In some ways, Merah came across as an ordinary, if troubled, youth.

A one-time auto body shop worker, Merah liked cars and motorcycles — and enjoyed spinning out in va-



This undated and unlocated frame grab provided March 21 by French TV station France 2 shows Mohamed Merah, who admitted to the killings of seven people before being shot dead by police last week. FRANCE 2/THE ASSOCIATED PRESS FILE

cant-lot "rodeos" with any car that he got his hands on, said a French official close to the investigation. Merah partied and was seen dancing at a nightclub days before his first suspected shooting, on March 11.

Behind the run-of-the-mill image hid "a second personality," said the official, who spoke on condition of anonymity due to the sensitivity of the case.

Bernard Squarcini, the head of the French police counterterrorism agency, told Le Monde newspaper

that Merah had shown "psychiatric issues" in the past that may have contributed to his rampage.

What tipped the balance, Merah's former lawyer said, was his anger over what he saw as an unjust prison sentence and a failed effort to join the military.

"That laid the groundwork from which he threw himself into this religious fanaticism, in a spirit of vengeance" against the French state, lawyer Christian Etelin said.

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In her own words

Bourdeaux admitted in her diary to both attacks in messages to her husband Ted Fewer, who had died a few years earlier in an electrical accident.

- "Dear Ted. Now that you are gone I can confess about Sean," Bourdeaux wrote. "The night that he left us, it wasn't actually while he was sleeping."
- "I did what I didn't want to do. The crying wouldn't stop, so I ended up putting a pillow over his face and made sure that it was stopping his breathing. I know it's something that I shouldn't have done, but I did."



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A Tibetan nun in exile scuffles with police officers during a protest in New Delhi on Monday. Earlier in the day a Tibetan exile lit himself on fire and ran shouting through a protest in the Indian capital just ahead of a visit by China's president Hu Jintao and following self-immolations in the Himalayan region against Beijing's rule. MANISH SWARUP/THE ASSOCIATED PRESS

Protester sets himself alight in New Delhi

Chinese state visit.
Activist suffers severe self-inflicted burns in protest of Chinese President Hu Jintao's upcoming visit

A Tibetan exile lit himself on fire and ran shouting through a demonstration in the Indian capital Monday, just before a visit by China's president and following dozens of self-immolations done in China in protest of its rule over Tibet.

Indian police swept through the New Delhi protest a few hours later, de-

taining scores of Tibetans.

The man apparently had doused himself with something highly flammable and was engulfed in flames when he ran past the podium where speakers were criticizing China and President Hu Jintao's visit.

He was on fire perhaps less than two minutes, but some of his clothing had disintegrated and his skin was mottled with black, burned patches by the time he was driven to a hospital.

About 30 such protests have occurred over the past year in ethnic Tibetan areas of China, and a Tibetan self-immolated last year in India,

where many exiles reside. Beijing has blamed the Dalai Lama for inciting them and called the protesters' actions a form of terrorism.

Activists said the exile who self-immolated Monday is Jamphel Yeshe, 27, who escaped from Tibet in 2006 and has been living in New Delhi for two years.

He was burned on 98 per cent of his body and his condition is critical.

Hu is expected to arrive in India on Wednesday for a five-nation economic summit. Norsang called on the summit participants to discuss Tibet.

THE ASSOCIATED PRESS

Today show

Wife defends soldier accused of Afghan killings

The wife of a U.S. soldier accused of killing 17 Afghan civilians says her husband showed no signs of stress before he deployed, and adds that she doesn't feel like she'll ever believe he was involved in the killings.

Karilyn Bales defended her husband, Staff Sgt. Robert Bales, in an interview for NBC's Today show that aired on Monday.

Officials say Bales wandered off base in southern Afghanistan earlier this month and killed eight Afghan adults and nine children.

Karilyn Bales said the accusations are "unbelievable to me."

"He loves children, he's like a big kid himself," she said. "I have no idea what happened, but he would not ... he loves children, and he would not do that."

THE ASSOCIATED PRESS

Outrage in Turkey

Hitler enlisted for shampoo sales

Turkey's Jewish community is protesting a Turkish commercial that uses an old film footage of Adolf Hitler to sell shampoo. The Jewish community and the Chief Rabbi's office on Monday demanded a public apology from the advertising company. The commercial for a men's brand of shampoo has Hitler appear to shout out in a dubbed-over voice: "If you are not wearing women's dress, you shouldn't be using women's shampoo either!" THE ASSOCIATED PRESS

Tensions mount in Afghanistan. Three NATO troops shot dead by Afghanistan security forces

Afghan security forces shot and killed three international troops Monday in two separate incidents, the latest in a rising number of attacks in which Afghan forces have turned their weapons on their foreign partners.

The killings reflect a spike in tensions between Afghan and international forces that follow an American soldier's alleged massacre of Afghan civilians, the burning of Muslim holy books at a U.S. base and uncertainty about Afghanistan's fate as foreign troops prepare to pull out.

They also come at a time when international troops have stepped up training and mentoring of Afghan soldiers, police and government workers, so that Afghans can take the lead and the foreign forces can go home.

The success of that partnership is key to the U.S.-led coalition's strategy to withdraw most foreign combat forces by the end of 2014. U.S.

Marine Gen. John Allen, the top commander of U.S. and NATO forces in Afghanistan, told reporters at the

Pentagon that these types of attacks are characteristic of any warfare involving insurgents. "We experienced these in Iraq. We experienced them in Vietnam," Allen said.

Since 2007, an estimated 80 NATO service members were killed by Afghan security forces, according to an Associated Press tally, which is based on Pentagon figures released in February.

More than 75 per cent of the attacks have occurred in the past two years.

THE ASSOCIATED PRESS

Facebook ownership. Lawyers claim fabricated emails, forged documents

Attorneys for Facebook sought the dismissal Monday of what they called an "opportunistic and fraudulent" lawsuit by a New York man claiming half-ownership of the social-networking site.

The attorneys asserted that Paul Ceglia, of Wellsville, had forged documents, fabricated emails and destroyed evidence, and said he had waited too long — six years — to file it and the statute of limitations had thus expired. Ceglia's attorneys say their client deserves his day in court.

In his 2010 lawsuit, Ceglia claimed that a 2003 contract he and Facebook founder Mark Zuckerberg signed en-

titled Ceglia to 50 per cent of Facebook, which launched the following year. Ceglia said the contract showed that when he hired Zuckerberg to help him develop a street-mapping database, he also gave Zuckerberg \$1,000 in startup money for his fledgling Facebook idea in exchange for half-ownership of the company if it grew.

Zuckerberg said he hadn't even conceived of Facebook at the time. His lawyers accused Ceglia of doctoring the original "work-for-hire" contract to insert Facebook references and making up a series of email exchanges between Ceglia and Zuckerberg to try to bolster the claim. **THE ASSOCIATED PRESS**

Supreme Court

Human-rights groups target Anvil Mining over Congo massacre

Human-rights groups are turning to Canada's highest court in their effort to sue a Canadian mining company on behalf of Congolese mas-

sacre victims. The Canadian Association Against Impunity filed a last-ditch plea to the Supreme Court of Canada on Monday, alleging that Anvil Mining Ltd. provided logistical support to the Congolese military, which raped and murdered people as it crushed a rebel uprising in 2004, killing as many as 100 people in the port city of Kilwa. **THE CANADIAN PRESS**

North Korea haunts global nuclear summit



South Korean President Lee Myung-bak greets Prime Minister Stephen Harper during a welcome ceremony for the Nuclear Security Summit at the Coex Center in Seoul on Monday. **SUSAN WALSH/THE ASSOCIATED PRESS**

Distraction. Though not on the summit agenda, North Korea's nuclear intentions are on the back of world leaders' minds

Stephen Harper touched down in Seoul on Monday to attend a global nuclear summit amid a rising cacophony of threats and challenges involving North Korea, its atomic program and the regime's accelerated plans to hurl a satellite into space.

Although it's not officially on the summit agenda, North

Korea stole the initial headlines after U.S. President Barack Obama challenged the leaders of the rogue regime "to have the courage to pursue peace."

His demand came as Seoul warned it might shoot down a North Korean rocket carrying a satellite if it violates South Korean territory. Foreign Affairs Minister John Baird acknowledged the distraction, but suggested it should not hijack the conference. "We're working with our allies and others to take every diplomatic measure necessary to send a very strong message to the North Korean government that we strongly disapprove," he said.

THE CANADIAN PRESS

Market Minute

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Natural gas: \$2.226 (-4.9¢) (per 1,000 cubic feet)
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Germany plays ball with eurozone, but fears persist

Financial collapse.

Germany has agreed to boost bailout funds, but it may not be enough to satisfy markets and the IMF

Germany has backed down from its resistance to boosting Europe's financial firewalls, after Chancellor Angela Merkel said she was open to temporarily boosting the eurozone's bailout funds to 700 billion euros. But the move still falls short of what may be needed to protect Italy and Spain from collapse.

Merkel's statement is a climbdown for Germany, which has so far insisted there is no need to increase the lending capacity of the bailout funds beyond the planned 500 billion euros. However, a temporary increase to 700 billion — of which close to 200 billion have already been committed — may not be enough to convince markets and global

institutions such as the International Monetary Fund that debt won't spread.

The 17 euro countries are currently debating how to move from the old 440-billion-euro European Financial Stability Facility — which is already providing 192 billion euros in loans to Greece, Ireland and Portugal — to the 500-billion-euro European Stability Mechanism.

The ESM is set to come into force in July, but under current policy, old bailouts would have to be subtracted from its overall capacity, meaning that it could give only a little over 300 billion euros in new loans.

That is seen as way too little to effectively help large economies like Italy and Spain,

Word on the street

- **Expectations.** The European Commission, the European Union's executive, and other euro countries would like to see the bailout capacity rise to 940 billion euros.

- **Resources.** Most finance chiefs said they would not give the IMF some 500 billion euros in new resources until the eurozone boosted its own bailout funds.

which together have more than 2.5 trillion euros in debts.

THE ASSOCIATED PRESS



German Chancellor and chairwoman of the German Christian Democrats Angela Merkel is seen in Berlin on Monday.

MICHAEL SOHN/THE ASSOCIATED PRESS

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THE WOES OF WOULD-BE HOMEBUYERS



SHE SAYS...
Jessica Napier
metronews.ca/shesays

My mother always told me that one of her biggest mistakes in life was not getting on the property ladder early enough. Consequently, I've had a desire to invest in bricks and mortar since my late

teens.

After four years together and a semi-aggressive saving plan, my boyfriend and I are finally ready to take the leap toward permanent cohabitation. After all, you can wait forever for the real-estate bubble to burst or you can suck it up and decide the "right time" is never going to come and just take the plunge. We were pre-approved for a horrifyingly unrealistic mortgage, found ourselves a patient agent and resolved to give up all our weekends for the unforeseeable future.

Of course, finding a place that fits all our criteria and our budget is proving to be a seemingly impossible task. There's always something not quite right. Units are too small, too pricey, too dark, too high. I'm starting to feel like the Goldilocks of urban real estate.

Downtown digs

"We make sacrifices to live the urban dream — we give up space, money and perhaps a little bit of our sanity. But, for me, there are intangible joys that come with downtown living that make it all worthwhile."

Whenever I get terribly depressed about my home-buying woes I log on to FML Listings, a Toronto-based blog that highlights the absurdity of the city's real-estate market by posting outrageous listings alongside snarky commentary. For added impact, the site compares Toronto listings with those in other markets. For example, a three-bedroom bungalow about half an hour outside downtown is listed at just under \$1.8 million, roughly the same price as Paula Abdul's mansion in the Hollywood Hills. Heart-breaking isn't it?

So why bother trying to buy in the city at all?

We make sacrifices to live the urban dream — we give up space, money and perhaps a little bit of our sanity. But, for me, there are intangible joys that come with downtown living that make it all worthwhile.

While walking home last night after another series of hopeless viewings, we stumbled across a street performer playing a very unique rendition of Greensleeves. The man was using a bow to play an industrial saw as an instrument. It was a beautifully strange site but not out of place among the eclectic happenings of the city. You just don't find that in the suburbs; you'd never see anything like that outside the window of your SUV in a strip-mall parking lot.

The city itself has an unpredictable way of reminding me that this is where I belong. So despite all the hours lost in open-houses and blood-pressure-raising bidding wars, I know we'll get there in the end.



Being a homeowner in the city has its price. ISTOCK

Director reflects on voyage 'to hell'



MARK THIESSEN / NATIONAL GEOGRAPHIC

The Titanic

Director returns from 'the abyss'

PACIFIC OCEAN. The last frontier on Earth is out-of-this-world, desolate, foreboding and moon-like, James Cameron said after diving to the deepest part of the ocean. And he loved it.

THE ASSOCIATED PRESS

Avatar



"Back from trip to deepest pl on Earth —oceans hadal zone. Puts a new spin on 'to hell and back'. Good to see the sunshine."

JAMES CAMERON TWEETS AFTER FEAT

Mariana Trench

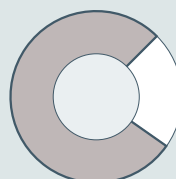
- Hydraulic failure meant Cameron was unable to retrieve samples from the trench.
- He said, "My feeling was one of complete isolation from all of humanity."
- Cameron said he had hoped to see a strange deep-sea monster, a creature that would excite the storyteller in him and resemble something out of his movies, but he didn't.
- The trench is 120 times larger than the Grand Canyon and more than two kilometres deeper than Mount Everest is tall.



Register at metropolitanpanel.ca and take the quick poll

Were you surprised the iPhone topped the BlackBerry as Canada's smartphone of choice?

78%
NO. IT WAS A LONG TIME COMING



22%
YES. WE SHOULD BE LOYAL TO OUR HOME BRAND

Twitter

@jerryleewilson:

The waitress at the #halifax airport international terminal literally has two left feet and it talking about Huey Lewis. She loves him

@CJShameless:

#Halifax doesn't need a soccer stadium and it doesn't need an NHL team. What it needs is a city council NOT full of Federal brown-nosers

@hellogarlic:

Seasonal weather makes us appreciate the season. #Halifax

@KimberleyLake:

I don't get all the hype. I just finished reading Hunger Games... worst diet book ever. #Halifax

@CfOnion:

Missing the warm weather of last week L #Halifax #IMissSummer

@laura_downton:

Such a great weekend at Cheer Expo in Halifax! Proud of all my friends' hard work! #cheerexpo #TNE

2

SCENE

Scene in brief

Prime time
for Kimmel

Late-night host Jimmy Kimmel just got a prime-time gig: Host of the 64th Primetime Emmy Awards.

The star and executive producer of Jimmy Kimmel Live! will host the Emmy Awards ceremony on Sept. 23 at the Nokia Theatre in Los Angeles. "I hope to be able to do for the Emmys this year what Eddie Murphy did for the Oscars," Kimmel joked, referring to the comedian who pulled out as host of this year's Oscar ceremony. This is Kimmel's first time hosting the Emmy Awards. Kimmel's namesake show is in its 10th season on ABC. He previously hosted the American Music Awards and the ESPY Awards and is set to host the White House Correspondents' dinner next month.

THE ASSOCIATED PRESS

On the Web



Nice guy Eric McCormack from *Will & Grace* taps into his sinister side for return to Broadway



Madonna shows her vulnerable side on her new album, MDNA. GETTY IMAGES

Deconstructing MDNA

New album. Metro's Pat Healy listens to Madonna's first new album in four years and hears her mortal side



PAT HEALY
Metro World News

Madonna is a bitch out of order, a bat out of hell and a fish out of water. At least that's what she compares herself to in the song Gang Bang, off her brand new album, MDNA. Madge's claim about being broken, angry and alienated is a succinct self-analysis.

It's been four years since her last album of new material, the longest gap of her nearly

30-year career, which would explain the fish-out-of-water feeling — to say nothing of the fact that her last album came out a full six months before the debut of another Italian-American with a stage name and a penchant for shock value, Lady Gaga.

As far as the bitch-out-of-order and the bat-out-of-hell, her venomous personal lyrics

on this album make it difficult to distinguish Madonna — the pop legend — from Madonna, the mortal whose eight-year marriage to director Guy Ritchie ended in a bitter divorce.

"I tried to be a good girl, I tried to be your wife," she sings on I Don't Give A.

It is this vulnerability that gives MDNA its vitality. And this uneasiness of being thrown

into a different life situation almost makes it acceptable for her to sing like a teenager about drinking too much Tanqueray.

Comparing a new love to Mike Jordan and Abe Lincoln in the same song? Well, that's just silly. But she seems to acknowledge there's a personal crisis at hand, where impulsive behaviour is the norm, singing, "I know I shouldn't act this way" in Girl Gone Wild. This confessional intimacy also makes it difficult to criticize Madonna for imitation, which she does indulge in a bit on MDNA.

To that charge, the material girl is just as much of a smart shopper as she's always been, using the baddest guest stars (including Nicki Minaj and M.I.A.) and the best producers (including Martin Solveig and William Orbit) to bring her

Deluxe it up

- The deluxe edition clocks in at more than an hour, which can be a little exhausting, but it features perhaps some of the best songs, including an almost punky duet with M.I.A. called B-Day Song.

The makeup of MDNA

- Approximate number of times the words "girl" or "girls" are used: 63.
- Approximate number of songs that are most likely about Guy Ritchie: Six and a half.
- Number of previous Madonna hits referenced by title: Three.
- Number of Nicki Minaj guest appearances: Two.

sound into now. If she can't define the times, she's certainly not going to be behind them. And really, anybody she's borrowing from wouldn't even be making music if it weren't for her. The racecar bass lines, pumping beats and Skrillex-style monster breakdown would seem forced if not done properly. But it's Madonna, and she can always get into the groove.

Who doesn't
love
a chocoholiday.



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DVD reviews



A Dangerous Method

Director. David Cronenberg

Stars. Michael Fassbender, Keira Knightley, Viggo Mortensen

A Dangerous Method concerns itself with psychiatrists Sigmund Freud and Carl Jung and their clinical subject, Sabina Spielrein. Cronenberg and screenwriter Christopher Hampton busy themselves with the dynamics of competing mental health treatments at the dawn of psychoanalysis. A Dangerous Method has the surface elements of Cronenbergian kink: beautiful people giving free rein to their darkest sexual impulses, both in the name of science and the libido.

PETER HOWELL

DVD reviews



Extremely Loud and Incredibly Close

Director. Stephen Daldry

Stars. Tom Hanks, Thomas Horn, Sandra Bullock

The film concerns a troubled New York boy (Thomas Horn), who is following unfathomable clues supposedly left by his dead father (Tom Hanks), who perished in the World Trade Center. The boy, 11-year-old Oskar Schell, wants to visit every one of the people surnamed "Black" in the New York telephone directory. Extremely Loud and Incredibly Close feels wrong on every level. It should have been called Extremely Maudlin and Incredibly Awful.

PETER HOWELL

Five reasons to be excited for R. Kelly's next 'rap opera'

Trapped in the Closet

2. The next installment of R. Kelly's bizarre project is coming, and here's why you should catch up with the series

Good news everybody: R. Kelly is returning with new chapters of Trapped in the Closet. The U.S. based IFC channel announced that new installments of the self-professed rap opera will be released this year. And, if R. Kelly's statements to TMZ have any truth to it, there will be 32 vignettes to enjoy in 2012.

1. In his official statement, R. Kelly called the project an "alien" and said it was "not of this earth."

The song and accompanying videos are so ridiculous that when the rapper introduced the concept of a (originally) 16-minute, multiple part song to his record label, Jive, they didn't know what

to do with it, according to producer Ann Carli.

Now, it's a unique viral success that has captivated audiences since 2005. Such is the brilliance of R. Kelly.

2. Despite the fact that all the chapters feature the same beats and melody, the story never gets boring. The soap opera-esque plot twists and turns so much that you'll need notes to keep up with who's who. But, don't worry, he often recaps the action every few installments or so.

3. If you manage to get your hands on a copy of the DVD, you can watch R. Kelly sitting on a plush chair while smoking a cigar and watching Trapped in the Closet on a screen. It's the "Inception" of DVD commentaries – and totally worth watching just to see R. Kelly's insane thought process behind creating the videos. Also, you'll find out that, according to R. Kelly, dresser rhymes with Beretta.



R. Kelly's Trapped in the Closet series has 'morphed into one of the strangest items in pop culture history.' GETTY IMAGES

4. The videos have such a big cultural influence that they've been performed live by multiple U.S. theatre groups, were performed live by R. Kelly at the 2008 MTV Music Video Awards and been spoofed by South Park.

According to HitFix, it's "morphed into one of the strangest items in pop culture history."

5. The first 22 chapters revolved around a one-night stand, a cheating woman, a whole lot of bad wigs, a mysterious "package" that may or may not be alluding to an STD, a gay pastor, a spatula, and Bridget... who's hooking up with a midget. Yep, you read that right.

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Half a million in gifts? Life ain't shabby for Jennifer's main man



Jennifer Aniston GETTY IMAGES

Dating Jennifer Aniston apparently has its perks, including lavish gifts.

The former *Friends* star has reportedly bought beau Justin Theroux around \$500,000 worth of extravagant presents, including a \$12,000 leather jacket that belonged to James Dean and a pair of high-end motorcycles, according to *Grazia* magazine.

"Neither Jen nor Justin seem embarrassed that

she is the main breadwinner. She is in a comfortable position, so why not spend money on the man she loves," a source says. Of course, the showering with gifts isn't a one-way street: "Justin loves buying Jen little gifts and going out of his way to show how much he cares," the source adds. "This is not a one-sided relationship at all, and Jen feels she is the luckiest girl in the world."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jenna Talackova, transgender contestant ousted from Miss Universe Canada 2012 competition, is pictured here in a ModelMayhem.com portfolio photo. MODEL MAYHEM.COM



THE
WORD
Dorothy Robinson
scene@metronews.ca

There he is, Miss Universe Canada?

Is the world ready for a transgender Miss Universe contestant?

The quick answer to this is: No.

The longer explanation has to do with beauty pageant contestant Jenna Talackova, 23, who made it to the finals in the Miss Vancouver pageant, but was ultimately ruled ineligible due to her being biologically male. The 6-1 stunner did well — and even made it to the finals — but was disqualified after organizers learned she wasn't a naturally born female, according to CTV News.

"Jenna Talackova from Vancouver, British Columbia, will not compete in the 2012 Miss Universe Canada competition because she did not meet the requirements to compete despite having stated otherwise on her entry form," Miss Universe Canada organizers said in a statement. "We do, however, respect her goals, determination and wish her the best."

According to CTV News,

Talackova started hormone therapy at 14 and had gender reassignment surgery at 19.

Talackova is claiming discrimination, which Miss Universe Canada national director Denis Davila refutes, telling CTV News, "We have to have the facts straight. There is no discrimination here at all. You can look at it the way she wants to look at it ... but we all have to follow the same rules."

Miss Universe Canada says that Talackova indicated on her registration form that she was born a female but later admitted that she was born a male, *India Today* reports.

Here's the thing: Whether you are applying for a job at Arby's or as a beauty pageant contestant in Canada, you can't lie on your application form. And, as a woman, I can see where this is tricky. Women already earn, on average, 23 per cent less than our male counterparts in the working world.

Sadly, beauty pageants are one constant where we can compete on a level playing field.

A playing field where we compete in high heels and fake eyelashes, but a fair one nonetheless.

On the other hand, she doesn't look like she had any less work than the rest of Miss Universe contestants, so what's the big deal?



Lana Del Rey, left, Marilyn Manson. GETTY IMAGES



A match made in... well, you decide

Rumours are swirling that new singing sensation Lana Del Rey is dating Marilyn Manson, according to *Hollyscoop*. The pair first turned heads when they were spotted "sneaking into an elevator" in Berlin earlier this

month, and since then they've reportedly been spending a lot of time together — like grabbing dinner before Del Rey's performance at the Echo Awards. After the show, Del Rey and Manson left together in a van.



Megan Fox GETTY IMAGES

Photog fires back after scrap with Fox's beau

Megan Fox and Brian Austin Green are being sued by a photographer over an alleged altercation in Hawaii last December, according to TMZ.

Delbert Shaw claims he was attacked by Green after being spotted snapping pictures of the couple on the beach near

the Four Seasons Resort in Hualalai, with Fox egging her husband on, saying, "Are you going to let him get away with that?"

Shaw says Green proceeded to pummel and beat him before throwing his iPhone into the water. He is suing for unspecified damages.

Twitter



@Drake

Natasha McElhone I know you don't have twitter cause you are a mature British goddess...but I love you.



@Russellcrowe

this isn't funny but I saw an Acura plough in to the back of a beautiful Beauford today, Acura smashed, not a scratch on the real steel car



@MissKellyO

sid keeps throwing up he has been to the vet 3 times and its still happening I'm starting to get worried i think my dog is puppy-rex!



@SarahKSilverman

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"The pain detective" is urging patients to look at the role stress plays in your injuries

CELIA MILNE
wellness@metronews.ca

Got pain?

If so, look at the big picture, says Dr. Hillel Finestone, who treats patients suffering from painful conditions.

Finestone, a.k.a. "the pain detective," says that injuries and wounds can take longer to heal if you are going through a difficult time, perhaps struggling with the loss of a job, stressed out by a breakup or divorce, being mired in a toxic relationship, or having been abused as a child.

"Psychological stress is associated with a slower or delayed healing of wounds or injuries," says Finestone, director of stroke rehabilitation research at the Elisabeth Bruyere Hospital in Ottawa.

In his career treating pa-

Analysis

What to do about your pains

Dr. Hillel Finestone, the author of *The Pain Detective*, has some advice for getting to the bottom of your pains.

"Never underestimate the ability of your life and feelings to affect your

tients with back pain, neck pain, fibromyalgia and other

health in both negative and positive directions. Ask yourself, What's going on in my life that could be causing my muscles to tense up, thus leading to a worsening of my back or neck pain? Can my negative mood be affecting my desire to exercise, leading me to eat too much, smoke more and live in an unhealthy way?"

pain conditions, Finestone tries to focus on the whole

person and what else is going on in their life, and not just the sore part. He has published scientific articles on the effect of stress on healing, and also wrote a book called *The Pain Detective: Every Ache Tells a Story*.

Ergonomic problems, such as uncomfortable chairs or a badly set-up workstation, can also keep you in pain.

"Millions of dollars are spent on pain-related medication," says Finestone. "Paying attention to the whole person could produce better outcomes, reduce disability and save money."



If back pain is consuming your life, there are ways to get rid of it, sans pharmaceuticals. ISTOCK PHOTOS

3

LIFE

On the Web



Feds extend funding for northern tuberculosis research, testing

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The four get fit rules for spring

New season. Spring isn't the time to start slacking off, says trainer David Kirsch, the man responsible for getting Heidi Klum fit

ROMINA
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wellness@metronews.ca

Want to kick yourself back into shape? Start moving, says trainer David Kirsch.

"Whether you walk, jog or get on a cardio machine, it's all about increasing your expenditure" he tells Metro.

"That and conscientious eating — being aware of what and how much you put into your mouth — are the toughest changes you need to make before anything else."

Dress light, eat right

In the winter we like to fill our bellies with comfort food, favouring starchy carbohydrates, such as white bread and pasta, over fruit and vegetables.

"In the spring you need



With winter now over, revisit those New Year's resolutions you set for yourself. ISTOCK PHOTOS

to lighten your meals in the same way you lighten your clothes," says Kirsch.

"Eat plenty of lean proteins such as chicken, fish or eggs and stock up on green vegetables, grains, and pulses."

Try an egg white ome-

let for breakfast, a protein packed salad for lunch (no sandwiches), a handful (eight) of almonds in the afternoon, with lean protein with vegetables for dinner. Nothing else. Stick to these guidelines and the weight will start to drop off.

Set realistic goals

Kirsch believes that the biggest mistake people make is setting themselves unrealistic goals they won't achieve in the long run.

Unless you have a clear sense of where you want to

Quote

"In the spring you need to lighten your meals in the same way you lighten your clothes. Eat plenty of lean proteins such as chicken, fish or eggs and stock up on green vegetables, grains and pulses."

David Kirsch, trainer
Talking about shedding pounds.

go and how you are going to get there, you won't get any results.

Take whatever issue you have with yourself and turn it into a realistic option.

"Don't look at a magazine and decide you're going to look like Jennifer Lopez or Ryan Gosling in one month. ... You have different bodies, what works for J-Lo may not work for you," he says.

A fitness routine is a bit like a haircut; it needs to suit you. Book a consultation with a health expert to know your measurements and assess your fitness levels.

"Once you have that clear,

devise a plan that makes sense to you," says Kirsch.

There are no shortcuts

If you want to reach your optimum weight and fitness level, you need to diet and exercise.

Neither one is truly efficient without the other. You need to be 100 per cent dedicated, not 80 per cent.

"I go crazy when someone tells me they need to lose 20 pounds before they can start working out because they're afraid that the extra weight will turn into bulk," says Kirsch.

The truth is the more lean muscle you have in your body, the more fat you will burn.

Burn even more fat

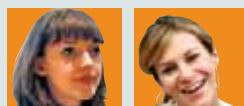
Spending 45 minutes to one hour alternating between cardio and weights (non-stop) is the most efficient way to burn fat.

"Whether you run, jump or do circuits, aim to get your heart rate up and never allow your pace to drop," says Kirsch.

So are you ready to commit? There's a few months left before summer. Make them count.

Advice

Don't deal with a dog



TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear Sisters, I'm a freelancer and often work from cafes around town, where I meet interesting people. Lately

I've been chatting with a guy who has made it clear he's interested — always making eye contact, asking what I do, offering to share food with me, and generally showing interest in me. He's cute — or he was until he happened to mention that he's in a relationship. What's up with the mixed signals? Confused but caffeinated!

Andrea: Dear CC, It's pretty obvious that this guy is a dog. He sees something shiny, shakes his tail and wants to play fetch. But,



Relationship or not, some guys just like to flirt. ISTOCK

as cute as he may be, it'd be rude to kidnap someone else's puppy, now wouldn't

it? Thankfully the blood did eventually flow back to his brain when he mentioned

his relationship.

The way things were going, it sounds like you dodged a bullet there. The fact that he's still flirting with you though, does mean that he and/or his relationship has issues. He may see you as a great distraction, or a valid option to avoid loneliness should he break things off ... or he may see you as flirtatious fun. Either way, you don't need to get into this mess.

Claire: Dear CC, What's that saying: You can window shop, you just can't

buy. Maybe he's window shopping his brains out, flirting via muffins and other baked goods because it makes his day a little more fun. I'm trying to put myself in his shoes — I think we've all done this at some point — enjoyed our attraction to someone all the more because it doesn't have to go anywhere. I know for a fact that I was a much better flirt when I was married, because I felt safe and strong.

And yes, it might indicate that his relationship isn't in great shape, but that's not for you to worry about.

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SPRING FEVER

Tuesday, March 27, 2012



A light winter and early spring mean it's time to start digging up the beds in preparation for planting. ISTOCKPHOTO/THINKSTOCK

Are you ready for spring?

Spring fever. Make the most of the season with gardening, random road trips and outdoor adventure

JON
TATTIE
For Metro

Halifax gardener Elizabeth Pierce was so pumped about the early arrival of spring this year she shared a photo from a nursery that read, "It's

spring. We are so excited we wet our plants."

As spring fever sweeps away cabin fever, few people celebrate like Nova Scotians — and nobody loves the return of the sun as much as gardeners.

"It's like a feeding frenzy. You spent all winter salivating over the seed catalogues. We've been plotting and scheming and buying seeds. The seeds have arrived now," Pierce says, as 20 C temperatures stream down in glorious rays from

our little yellow star.

A light winter and early spring mean the ice has left the ground and it's time to start digging up the beds in preparation for planting. Some cold-tolerant varieties, such as snow peas, can enter the earth now.

"They're called snow peas for a reason — they can get snowed on," Pierce says. "It probably won't stay 20 C forever."

Pierce, an avid urban gardener and author of *Grow Organic: A Simple Guide to*

Nova Scotia Vegetable Gardening, says newbies can check out Seed Saturdays. These are get-togethers where veteran green thumbs help greenhorn gardeners learn the ropes, swap seeds and hold workshops. An Internet search will find one in your area.

Spring is the perfect time to dust off your life as you dust off your house and car in a frenzy of spring cleaning.

Metro Transit is free until the end of March, so catch a bus downtown and browse

the shops on the ideally named Spring Garden Road. Take a long lunch or after-work drink on one of the city's many excellent pub patios.

If the forecast shows good tidings for the weekend, hop in your car and take a random road trip to one of the province's spring festivals, or plan an outdoor adventure hiking or paddling an area you haven't explored.

While Environment Canada is forecasting a mild spring and believe winter is

over, don't pack away the snow shovels just yet.

"This has been a warmer-than-normal winter and we think it's going to continue," said David Phillips, a climatologist with Environment Canada.

"But I also think it's wise for people to know you can't write the obituary on winter-like weather."

Phillips issues a chilling reminder: 25 per cent of the snow we get every year falls after March 1.

-WITH FILES FROM JENNIFER TAPLIN

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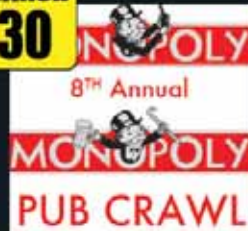


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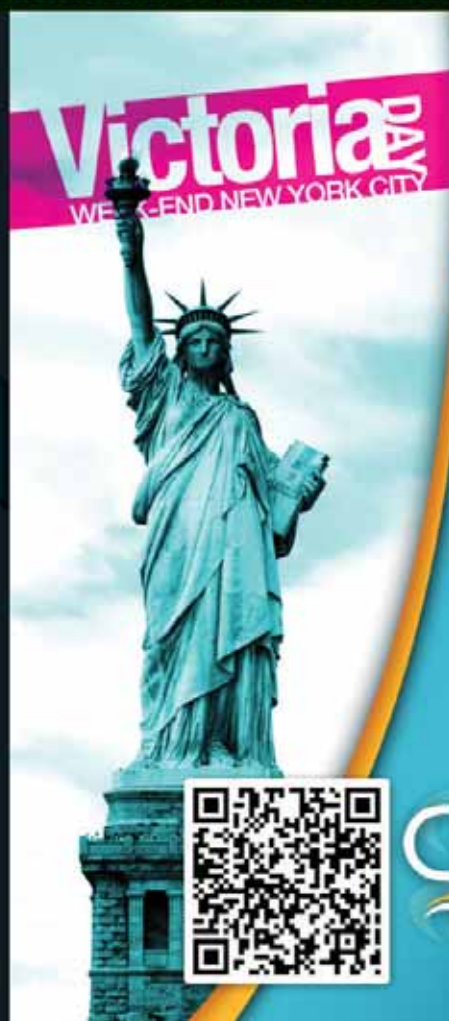
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Make the most of this patio season

Ready for summer.

Many permanent patios are already operating, streetside patios open April 21

JON
TATTIRIE
For Metro

April 21 is "Patio Day" in HRM — the first day pubs and restaurants are allowed to build their street-side seating. Many rooftop and permanent patios are already operating and offer an unbeatable way to relax when the sun is shining.

"Our patio is a little different because it's on the roof. There's a bit of a jog to get there," says Jeff McLatchy, owner of Celtic Corner in Dartmouth. "Once you get there, it's so nice you might as well turn the phone off and leave a message at the office, because you're not going anywhere for the afternoon."

And that's McLatchy's first tip — plan on taking your time. Celtic Corner offers unbeatable views of Dartmouth, plus the city across the water — Halifax. You won't want to rush.

Find a patio that suits your

sun needs — one that has direct light if you want to tan, or one that has sheltered areas or umbrellas if you want to avoid direct sunlight. McLatchy notes that rooftop pubs are a few degrees hotter than street-level patios.

"I'm kind of a 'mad dogs and Englishmen' in the mid-day sun person," he says, but notes some people prefer after-work or evening patio drinks so they don't have to rush off. "We have heaters on the deck, too, so if it gets a little chilly we can turn them on."

Patios are best attended spontaneously, when the weather is good.

"I know it's going to change in a few days, but what the hell — let's have fun for a few days," McLatchy says. "It's one of those lazy sorts of places. Just like if you were at home on the back deck, only let us get the beer and food."

In Halifax, Argyle Street is home to many patio pubs. Most are street-level, but ones like the Argyle Bar and Grill offer sidewalk and rooftop patios. Spring Garden Road specializes in rooftop spots, while the waterfront offers great views right on the harbour.



Find a patio that suits your sun needs. STOCKBYTE/THINKSTOCK

Decked out. Turn your backyard deck into a living space that works for you

Make your backyard deck a living space that really works with your lifestyle. Your deck should accommodate different aspects of your life, including entertainment, relaxation and places where the children can play. Decking-out the deck is a clever way to increase your living space with a lovely outdoor room.

"There are many options when it comes to reinvigorating the look of your backyard deck, from a full re-build to a simple revamp with things like a new layout, new furni-

ture, décor accents or a fresh stain finish," says Sharon Grech, colour and style expert at Benjamin Moore.

Here are a few thought-starters on how to achieve an outdoor space designed for entertaining:

- Multi-level decks with designated areas for cooking and dining.
- Built-in seating with flexibility for two or 20.
- Grills and outdoor ovens for serving up a summer barbecue or Thanksgiving turkey.

NEWS CANADA

Nature retreat

Achieve this look with these decorative elements:

- Vine-covered trellises
- Rose-capped pergolas
- Benches with planters
- Container gardens (do one of each: flower, herb and vegetable)
- Potted trees
- Table-top fountains
- Half-barrel water gardens
- Wind chimes

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Easy Easter long weekend escapes

Explore Nova Scotia.

From golf courses to whale watching to hiking Cape Split, you don't have to go far to get away this Easter

JON
TATTRE
For Metro

The pure joy of being able to walk out your front door and not die of hypothermia puts a spring in every Halifaxian's step.

The delights don't stop at your front stoop: The Easter long weekend is a great time to explore your own province before all the tourists arrive.

April is a golfer's delight. Nova Scotia has more than 100 courses, including the world-celebrated Fabulous Four in Cape Breton (Bell Bay, Le Portage Dundee and Highland Links) and the

exclusive Fox Harb'r golf course near Wallace.

Golfingns.com lists more than a dozen courses right in Halifax. Whether you're dusting off your clubs or green on the greens, this is a great time to tee off.

Early spring is also a top time to explore the great outdoors. It's warm enough to be comfortable, but you won't wilt under the full summer sun.

You can go deep-sea fishing or whale watching out of Eastern Passage or with many other companies plying their trade out of downtown Halifax.

If you want to be a little closer to the water, buy a kayak or canoe, or rent one from one of the area's guided tours companies.

Most outdoors stores can tell you which companies take you where. Expeditions range from half-day explorations out of East Dover near Peggy's Cove to overnight treks along the spectacular

scenery of Cape Chignecto.

Companies cater to newbies who want to learn how to paddle and experienced kayakers who need a guide to see a new area.

If you want a more physical experience, go online or stop by your local outdoors store to find out how you can go rock climbing. There are many amazing locations within a few hours of Halifax.

While the Annapolis Valley Apple Blossom Festival doesn't start until the end of May, the famous apple tree orchards are pretty all spring.

Easter weekend is a good time to linger in the valley. Stay in a historic B&B, visit the vineyards and hike Cape Split.

The trek is a long, tough trip, but worth it for the spectacular view at the end — kind of like travelling through a Nova Scotian winter to get to its glorious spring.



April is a golfer's delight. iSTOCKPHOTO/THINKSTOCK



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Spring veggies

Eat local. Seasonal options include spinach, baby kale and over-wintered parsnip

RICHARD WOODBURY
For Metro

Sean Gallagher is in a good mood, and with good reason.

"This week is the first bountiful week of spinach and baby kale," says the owner of Local Source, a retail market, bakery and catering company in Halifax. "Things like that are growing in greenhouses, cold frames. We haven't seen fresh greens all winter, since at least December. This is a glorious moment."

With summer just around the corner, it will soon be a prime time of year for getting local fruits and vegetables, but until then, people's selection will be somewhat limited.

At the moment, one of Gallagher's favourite options is over-wintered parsnip. These parsnips spend the winter in the soil and have to deal with the freeze-thaw nature of our climate, which has a surprising effect on the parsnip.

"What happens is they become much more sugary," says Gallagher.

Other spring options include radishes, bunched carrots, garlic chives and mixed greens.

Gallagher says heated greenhouses in the valley are able to provide vine tomatoes, cherry tomatoes and cucumbers.

At the end of spring and just as summer kicks in, fiddleheads will be an option. Gallagher says the season is



This week expect to see fresh spinach at the supermarket. ISTOCK/THINKSTOCK

about three weeks locally, but can be stretched out to a month because of the fiddleheads that come from New Brunswick.

On the sweeter side, spring is not a time of year to get local fruit. "Fruit-wise, the only thing you're looking at is rhubarb, lots and lots of rhubarb," says Gallagher.

However, once June 21 hits, it's a different story. "After that magic date, there's lots on the way," says Gallagher.

Spring side dish

- For a tasty and easy to prepare side dish, Sean Gallagher has a recommendation. In the springtime, we're still using storage crops such as onions, garlic, sweet potatoes and carrots. He recommends chopping those up and roasting them in the oven with some olive oil and salt and pepper. Bon appétit!

Clear out the winter clutter. Spring clean your life, not just your closet

Our minds are much like our homes. They both get cluttered with old ideas, old attitudes, old conversations and old hurts.

From negative emotions and moods to procrastination and personal tasks not completed, spring is the perfect time to insert a little positive energy into your life. The returns will be worth it, and you'll enjoy the person you can be.

Make some room for happiness

Get rid of negative emotions like anger, jealousy and self-doubt. Throw out old misunderstandings and lack of

patience. Sweep out the dirt of gossip. Wash away delay and procrastination. Free up some space in your life for new and exciting opportunities and challenges.

Dust off your attitude

A positive attitude begins with gratitude. Practice giving instead of taking. Share as much love, care, concern and gratitude as possible. Choose to have a little fun every day.

Put on a fresh coat of positive.

Lighten up your life with humour and fun. Be in charge of your thoughts and your life and remember that you de-

cide when to laugh and what you think about.

Get unstuck

If everything in your life is just okay, it can be hard to make a change. When everything is fine enough, but you're not truly excited about anything, figure out how you can change that.

Whether it's going back to school, looking for a new job or starting a new romantic relationship, now is the time to do it. Spring is all about rebirth — figure out what's really holding you back from optimum health and happiness and reboot your life.

NEWS CANADA

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Step out to exercise

RICHARD
WOODBURY
For Metro

One of the joys of spring and summer is that it's a much more comfortable time to exercise outdoors. However, before you lace up your shoes and head out the door, there are a few things to keep in mind.

Whether you're looking to exercise one day a week or seven, it's important to remember that any exercise is better than no exercise, says Adam Patterson, the owner and operator of U-Turn Personal Training.

He says that it might even be wise to think about seeing a doctor before establishing a routine.

"Depending on [their] current fitness level, some people may want to check with their doctor to make sure they can start exercising without any worries," he writes in an email.

The choice of footwear is

another important consideration.

"The surface is quite different from indoors so you want to make sure you wear the appropriate footwear," says Megan Trewartha-Ledingham, the vice president of the national chain Booty Camp Fitness and an instructor herself.

The time of day is another factor, as you'll want to avoid working out when the heat is at its peak, which is usually between the hours of 11 a.m. and 3 p.m.

Rather than moving full steam ahead with their new fitness routines, people should ease into it. And for people expecting to see instantaneous results, don't be discouraged, it takes time.

"It can take several months to see changes in the body," says Patterson.

With that in mind, don't bother doing a weigh-in everyday.

"Depending on food and water intake, people can literally go up and down one



ISTOCKPHOTO/THINKSTOCK

to five pounds just in water," says Patterson.

One of the joys of exercising outdoors is that it can be such a welcome change from people's normal workday

routine.

"A lot of people have indoor desk jobs," says Trewartha-Ledingham.

Part of the challenge with sticking to a routine is that

one can easily lose motivation. For this reason, she recommends people exercise in pairs (or in even larger groups).

"It's great to have some-

body that keeps you accountable," says Trewartha-Ledingham. "If you're both expecting to go together, you'll kind of hold each other to it."

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Deadline for applications is 4:30pm Tuesday May 1, 2012.
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Please contact for more information:

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Keeping it simple for a better life

Declutter. Find ways to spend more time with friends and family, enjoy social activities

As flowers begin to bloom and leaves slowly appear on trees, our thoughts tend to migrate to favourite springtime activities.

Yet, with an increasing number of women in the workforce, and with the average Canadian spending more than three hours a day (four for women) on unpaid house-

hold work, personal time has become a scarce resource.

As the air warms, try to declutter your life, spend more time with family and friends, enjoy your favourite social activities and find more time for yourself. Here's how:

Clothing

The importance of personal style cannot be overlooked. It helps build a first impression and is a representation of your personality. While it is important to stand out from the crowd, that doesn't have to mean sifting through endless piles of clothes trying to

find "the" outfit.

This season, take time to spring clean your wardrobe. Donate items you do not wear or that no longer fit. Before transferring your winter clothing to a storage closet, consider adding an innovative scent booster to your regular detergent.

Laundry and chores

Carving out the time to do

laundry is never easy. From sorting colours and fabrics to measuring detergent and choosing the right wash settings, it is no small feat.

Start by organizing your laundry room. Set up a central three-bin sorter; clothes that don't make their way there don't get washed.

Beyond that, simplify the way your clothes get clean. Detergents are advancing all

the time, and pre-measured pods are deemed highly efficient. Tide Pods are a compact, unit-dose laundry formula that separates essential ingredients — perfumes, brighteners, enzymes and chelants — to help achieve a consistent clean in each load.

Cooking

Do you ever wish you could come home and whip up din-

ner in a few minutes? It's not as hard as you think.

Cook meals that the whole family can enjoy instead of trying to cook multiple meals based on individual preferences. And try cooking in large batches when it comes to baked goods, soups, chili, sauces and pastas.

More tips on ways to simplify spring are available online at tide.ca. **NEWS CANADA**



Reboot your home decor with fresh plants and flowering pots. **NEWS CANADA**

Decor. Infuse your home with a touch of spring

With the chilly winds of winter behind us, it's time to welcome sunny days, green grass and first flowers.

This spring, infuse your home with vibrant colours, fresh floral touches and breezy fabrics.

You don't have to spend a lot of money to transform your home — simply update pieces you already own to create a brand-new look for spring.

Lighten up

Do you have velvet drapes or a sofa covered in heavy fabric? Start by removing the drapes and replace them with airy sheets. Slipcover the sofa and other furniture with paler tones.

Remember that sheer curtains, bedskirts, tablecloths and pillows all say "spring" louder than any other element. Look for designs that complement your lifestyle and interiors.

Rethink the rugs

Spring is a good time to have heavy rugs cleaned or

repaired. Be sure to replace cozy area rugs with inexpensive cotton alternatives in vibrant, pastel colours.

De-clutter now

Any spot that is overcrowded can drain your energy and fill your life with clutter.

Donate clothes, books or toys to charity. You can also auction off any unwanted items online and donate a portion of the proceeds to a non-profit organization.

The Christian Children's Fund of Canada, for example, (ccfc.ca) works to improve the lives of children living in poverty around the world.

Accessorize

Spring is all about rebirth, making it a wonderful time to reboot your home décor. Bring out your floral china, fresh plants and flowering pots, or plant elegant orchids in your own backyard.

These lively touches can breathe new life into your home, just in time for spring. **NEWS CANADA**

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Music that puts a spring in your step

RICHARD WOODBURY
For Metro

As the weather warms up, so too does the amount of time people spend outdoors. More and more people can be seen walking, jogging and running. For a good portion of these people, they'll be listening to music while they do these things, which will likely enrich the experience for them.

"There's considerable research to show that music has a great deal of meaning for people," says Annabel Cohen, a psychology professor at the University of Prince Edward Island (UPEI) who also holds an adjunct appointment at Dalhousie University.

Because of today's technology, things like MP3 players and iPods have made music incredibly pervasive in our

Spring song selections

- While songs about summer help make up the soundtrack to people's lives, such as Katy Perry's *California Gurls* or The Beach Boys' *California Girls* (or any other Beach Boys tune for that matter), spring doesn't have as many songs written about it. However, there are a few songs that certainly bring to mind spring, such as The Beatles' *Here Comes the Sun*, the jazz standard *Spring Can Really Hang You Up the Most* and The Doors' *Waiting For the Sun*.

lives. "You can hear music at every point in the day," says Cohen.

Technology advances have also made it easier to see



MM PRODUCTIONS/LIFESIZE/THINKSTOCK

what sort of effects music has on the brain.

Cohen says research has shown that different parts of the brain react to music that is happy.

"The part that is activated when the sound is pleasant

is the same part of the brain that is activated for other pleasurable experiences, like eating or other kinds of rewards," she says. "Music can definitely have a positive effect that is literally the same as chocolate."

That being said, it can also have the opposite effect. Cohen once did an experiment where they wanted the participants to be in a somewhat depressed mode, so sad music was played for 30 minutes to achieve this result.

However, the ethics advisor working on the experiment required that the people also listen to 30 minutes of happy music before they left so that their spirits would be brought back up.



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Chebucto West Community Health Board is seeking volunteer board members interested in creating a healthier community. We serve residents of Armdale-Purcell's Cove, Herring Cove, Spryfield, Sambro, Clayton Park, Rockingham, BLT and Hubley, Prospect, St. Margaret's Bay and Hubbards....a huge and very diverse area!

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Spring cleaning. Involve the kids

Spring is in the air, and it's time for some seasonal rejuvenation. This month, bring in a spring-fresh vibe to your home by recruiting the help of your children. Whether they're chasing dust bunnies or gathering toys strewn around the house, there are many ways to keep your children occupied and entertained so they won't stray from their tasks.

Challenge each other

A bit of competition can make housework more fun. How about your very own "Spring Cleaning Olympics" with medals and treats for everyone at the end? The first one to strip their bed and put the sheets into the laundry hamper can choose

an afternoon snack for the entire family. Or, the first one to complete their list can select a movie for movie night. Get creative and let the games begin!

Dance your way to a clean house

Challenge your family to complete a task within the length of their favourite song. Let your children select their own music — they'll feel more energized and motivated. You can practice your dance moves to your own favourite tunes.

Make spring cleaning a life lesson

Have your children gather clothes they have outgrown, along with books and toys

they no longer want and take them to a local shelter or donate them to charity. It's a great way to help families in need, and it's also an environmentally friendly way to get rid of unwanted items. You can also hold a garage sale and donate a portion of the proceeds to a non-profit organization.

Reward time

When you children realize their contribution is appreciated and rewarded by a good result that benefits everyone, they'll enjoy helping around the house more often. A completed task and a shiny, clean spot are a cause of celebration, so treat your kids to their favourite dinner and some DVD time. **NEWS CANADA**

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Rev up your skincare for spring

Warmer days. Skin needs less moisturizer and more sunscreen

RICHARD WOODBURY
For Metro

Spring changes a lot of things in our lives, including the clothes we wear and the amount of time we spend outdoors. With these changes, people need to think about their skin.

"As we head into a season, I always get my clients to slightly tweak their home care, especially going from winter to spring," says Dawn Baker, co-owner of Chrysalis Spa.

The good news is skin is a bigger fan of spring than it is of winter.

"Our skin is always challenged (during the winter) by a drier climate, whether it's indoors with the various types of heating systems, as well as the dry cold air on the outside," says Baker.

Another reason is that in spring there is more ambient humidity in the air, meaning skin requires less hydration. As a result, people shouldn't have to use as much cream and moisturizer.

With the warmer days that spring brings, people need to think about wearing sunscreen, especially given that people are more inclined to spend time outside, such as workday lunches on restaurant patios.

"It definitely means we have to start to get a little

more disciplined with wearing sunscreen on a daily basis," says Baker, noting that people who walk to work should consider this, as well as people who have long commutes in their vehicles.

She says that people need to be especially careful about sunburns on that first day they will be exposed to the sun.

"The sun and the warm air feels really great, but what people are forgetting is that area of their body hasn't seen the sun all winter long, so they have to be really careful about that first day," says Baker.

One of the side effects of the depletion of the ozone layer has been an increase in UV ratings, so people need to be especially cautious.



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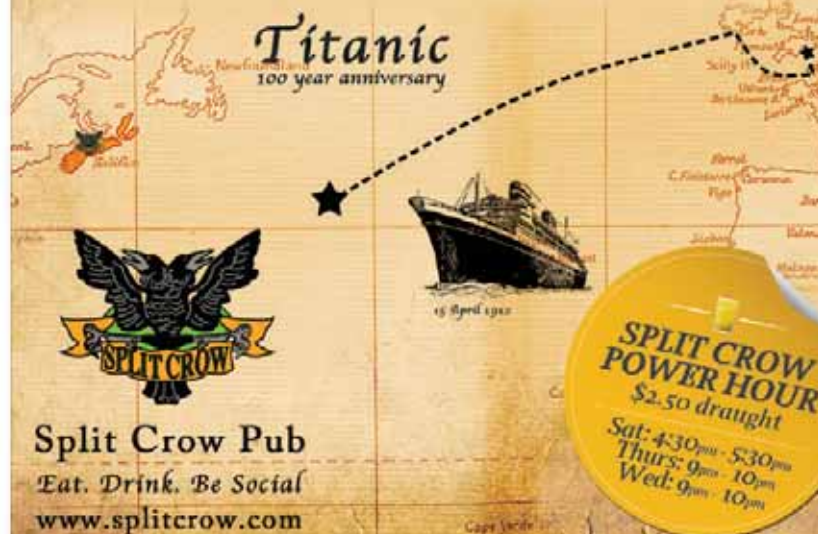
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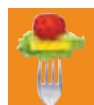
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Gourmet burgers grab lunch spotlight at this busy eatery



TNT Spicy Burger Combo with Poutine. VALERIE MANSOUR



LUNCH RUSH

Valerie Mansour
life@metronews.ca

If I'm going to stand in a long line for a burger, it had better be good.

Cheese Curds Gourmet Bur-

gers is the instant mega-star of metro's food scene. Open since February, burger fans continue to flock here.

TNT Spicy Burger Combo (\$10.95) includes a well-done burger with hot pepperoni, fried jalapeño pepper rings, jack cheese and chipotle mayo. It has serious heat and flavour.

Pork Schnitzel Burger Combo (\$11.75) with tender schnitzel, melted cheddar, bacon, lettuce, tomato, red onion and caramelized onion jam, is huge and tasty.

Combos include a fountain drink and fries. For \$3.50 we substitute a cheesy Original Poutine. This is filling food, so

thankfully the Onion Rings (\$3.50) are lighter than most.

Many wisely do take-out as it's noisy and crowded with a line-up winding through the small restaurant. Despite original, quality burgers, the dining experience is ironically a victim of the restaurant's success.

Visiting the restaurant

Cheese Curds Gourmet Burgers & Pouterie

Address. 380 Pleasant St.

Phone. 444-3446

Rating. 3.5/5

Price range. \$\$

Reservations. No

Client negotiations. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. No

Tuna Melt Sandwich. A childhood favourite gets a healthy makeover



1. In bowl, combine red onion, spinach, mayo, tuna and pepper. Use fork to mash mix until mayo is evenly distributed.

2. Place toasted bagel halves on foil lined baking sheet. Divide tuna mix among bagel halves. Top evenly with cheese.

3. Bake in centre of 425 F (220 C) oven 5 mins. or until cheese is melted. Turn broiler to High and broil 3 mins. or until cheese is bubbling and starting to brown. **NEWS CANADA/ PRESIDENT'S CHOICE/ ADAPTED BY EMILY RICHARDS (VISIT, EMILYRICHARDSCOOK.CA)**

Ingredients

- 3 tbsp (45 mL) finely chopped red onion
- 2 cups (500 mL) packed baby spinach leaves, chopped
- 5 tbsp (75 mL) light mayo
- 1 can (170 g) wild albacore flaked white tuna in water, drained
- 1/8 tsp (0.5 mL) freshly ground black pepper
- 2 thin multigrain bagels, lightly toasted
- 2/3 cup (150 mL) light triple cheddar shredded cheese

Be a 1% superhero

Baby steps. Why not give yourself a raise? Increase your savings by a little bit each year until you reach your goal.



YOUR MONEY

Alison Griffiths
money@metronews.ca

Is your savings plan a one step forward, two steps back exercise? Do you make tons of excellent resolutions, only to do a financial face-plant when temptation beckons? Or perhaps you get distracted by job, family, life and never manage to keep track so you really don't know where you are.

If you fit into one or more of these scenarios, a rescue by Superhero/ine 1% is in order. Yes, such a character exists — in fact, Marvel Comics has been beating down

my door for the rights.

But while I'm waiting on millions in royalties, let's put Superhero/ine 1% to work for you.

Say you earn \$50,000 and are saving three per cent of your income (\$1,500) annually by contributing to an RRSP, TFSA or a savings account.

Ten per cent is usually the gold standard for savings. But getting to 10 per cent from three is like trying to lose 25 pounds in a couple of weeks. Maybe you can do it, but maintain it? Tougher.

If you stick with the current savings rate and manage a four per cent return over the next 10 years, you'll have just over \$18,500 tucked away. I'm also adding in a salary boost of two per cent annually and assuming inflation is three per cent.

Now, take the hand of Superhero/ine 1% and increase your savings rate from three to four per cent annually (\$2,000). After 10 years you'd have more than \$24,600 squirreled away. If this money is contributed to an RRSP, the net gain will actually be higher as your taxable income will be reduced.

Here's where Superhero/ine 1% really produces magic. If you can increase your savings by a single percentage point every year you'd have

How much are we saving?

- **Nest eggs.** 2.3% of gross income (or 4.9% of after-tax income) is the average Canadian savings rate.

\$52,300 in hand.

Granted, at the end of 10 years your savings rate would be 13 per cent of income. To many that's too big a leap. Not only that, you might be saying, "In your dreams!" when looking at my salary increase projection of two per cent annually.

My point is that by increasing your savings a small amount annually or until you reach a specific goal — say 10 per cent of income — you can conquer savings paralysis.

And it's all thanks to Superhero/ine 1%. You can play with your own figures with The New York Times' The 1% more saving calculator. (Visit nytimes.com and go to the Your Money section. From there, search for "The 1% more calculator.")

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA



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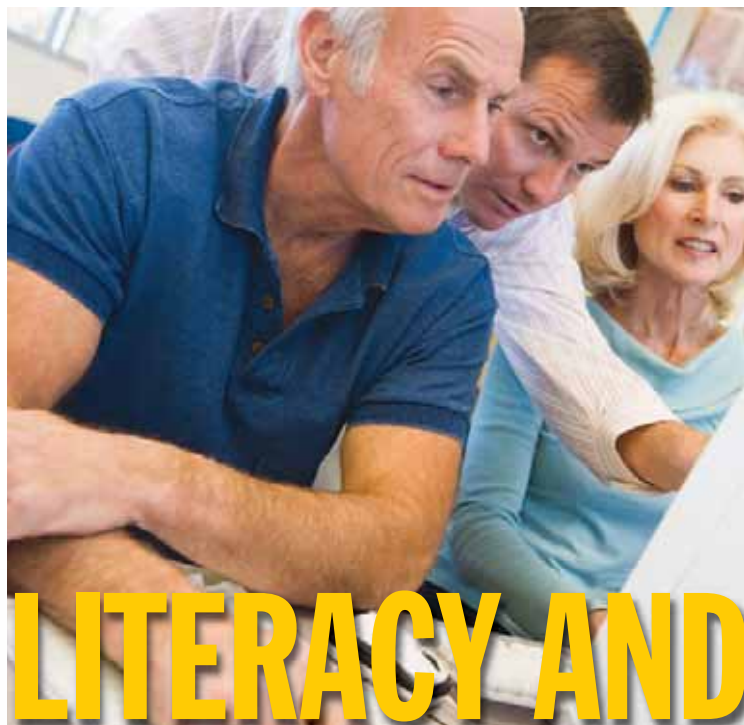
- Justin Bieber Boyfriend
- One Direction What Makes U Beautiful
- Kelly Clarkson Stronger
- Carly Rae Jepsen Call Me Maybe
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Weeknights at 9 Tessa counts down the HOTTEST 5 songs that day!

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Alison's money rule

"Wealth will be in your future just by increasing savings by a small percentage annually."



LITERACY AND LIFELONG LEARNING

"Live as if you were to die tomorrow. Learn as if you were to live forever." – Gandhi

Imagine if you couldn't make sense of a simple street sign, read a prescription label or share a bedtime story with your child. For some Canadians all they can do is imagine because they lack the literacy and essential skills that many of us take for granted.

Statistics show that four out of 10 adult Canadians, age 16 to 65 — representing nine million Canadians — struggle with low literacy. They fall below level 3 (high school completion) on the prose literacy scale. It's a sad statistic but true. The good news is that there are hundreds of volunteer organizations across Canada that offer adult learners the opportunity develop their literacy skills and their confidence.

ABC Life Literacy Canada is a non-profit organization that inspires Canadians to increase their literacy skills, and offers resources and contacts for anyone interested in improving everything from reading and writing to math and computer skills. "We can connect adult learners with local literacy organizations for training in a wide range of areas," says Margaret Eaton, President of ABC Life Literacy Canada. "We're proud to have partnerships with more than 400 of these organizations across the country."

Organizations such as ABC Life Literacy Canada are dedicated to helping Canadians build essential skills to be successful in the workforce but also in life. "People want to increase their skills for a number of reasons, not only to find better jobs, but also to play a more active

role at home, whether it's to gain a better understanding of household finances, help their children with homework or read a storybook to their grandchildren," says Eaton.

GOING BEYOND THE THREE RS

Although there is, and will always be, a focus on learning the three Rs (reading, writing and arithmetic), a new requirement has emerged — the need for more computer-literate workers.

"We've reached the end of many of the high-wage, low-literacy jobs in heavy industry and manufacturing," says Eaton. "For many businesses it's the knowledge-based jobs that will carry their companies in the future. These jobs require higher levels of understanding, writing and communicating."

LITERACY: A LIFELONG JOURNEY

For Eaton the power of literacy is clear. "Literacy is a wonderful tool that opens up a world of opportunities for individuals and allows them to engage fully and confidently in life's activities — whatever they might be. And learning is a lifelong journey that should never end."

For more information, visit abclifeliteracy.ca

A SPECIAL WEEK TO CELEBRATE LEARNING

This year, the Canadian Commission for UNESCO has declared March 24 to April 1, 2012 as (International Adult Learners' Week). Celebrated in Canada since 2002, International Adult Learners' Week is a celebration of the importance of lifelong learning and adult literacy.

LITERACY AND THE ECONOMY: HOW DOES ONE IMPACT THE OTHER?

Craig Alexander, Senior Vice-President and Chief Economist for TD Bank Financial Group, is a strong advocate for improving literacy levels in Canada. He is also a board member of ABC Life Literacy Canada, a national non-profit organization that inspires Canadians to increase their literacy skills.

Recently, Alexander talked about literacy and the Canadian economy. According to Alexander, the performance of an economy is driven by two factors: first, the size and skills of its labour force; and second, the ability of its economy to innovate through productivity improvements. Literacy is the cornerstone of skills development; it is the foundation upon which other skills are built.

Alexander estimates that weak literacy skills could be costing the Canadian economy as much as \$80 billion in lost economic opportunity. Improved literacy skills could create thousands of jobs and would materially help to reduce poverty in Canada.

WHAT CAN BUSINESSES DO?

"Businesses should be engaged in pro-

moting literacy skills development," says Alexander. "This could be done, for example, by helping to fund skills training for employees. However, studies have shown that it is not the cost that is the main deterrent to skills development. In many cases, the individuals needing additional training have difficulty balancing work-life responsibilities."

Steel manufacturer ArcelorMittal Dofasco dealt with the work-life balance issue in a unique way. The company established an essential skills training program that was free to employees, who were also paid for half their time in the classroom. Employees enrolled in 12-class sessions where they were taught literacy, basic computing, keyboarding and business writing.

The most recent mass survey — the 2003 International Adult Literacy and Skills Survey (IALSS) published by Statistics Canada — found that 48 per cent of adult Canadians don't have the necessary literacy skills to achieve their full potential at work, at home and in the community.



SURVEY SAYS...

FROM THE RECENT METROPOLITAN
PANEL SURVEY ABOUT LITERACY:



ALMOST 50 PER CENT
OF RESPONDENTS SAY
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ING OR PROFESSIONAL
DEVELOPMENT IN THE
PAST YEAR



Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you!

ABC LIFE LITERACY CANADA: TRANSFORMING LIVES



ABC Life Literacy Canada has a clear vision — a Canada where everyone has the skills they need to live a fully engaged life. It's this vision that the national non-profit and its many supporters and ambassadors have been working tirelessly towards for more than 20 years.

With a focus on inspiring Canadians to increase their literacy skills, the national non-profit organization focuses its efforts on moving the cause forward. The organization connects and mobilizes business, unions, government, communities and individuals to support lifelong learning through various programs, communications and partnerships.

SUPPORTING ADULT LEARNERS WITH RESOURCES ACROSS CANADA

Visitors to the ABC Life Literacy Canada website (abclifeliteracy.ca) will find a list of programs, useful resources and links, such as LEARN, that help adult learners and their families connect with literacy organizations in their area. LEARN, Canada's first national literacy campaign, has been running successfully since 1994. Thanks to The Yellow Pages Group™, LEARN has assisted learners coast-to-coast in seeking help to improve their literacy skills.

MAKING FAMOUS CANADIAN AUTHORS ACCESSIBLE TO EVERYONE

Adult learners who want to enjoy a great read from a best-selling Canadian author can check out Good Reads®.

Through this program, learners can enjoy short books (10,000 to 12,000 words, about 100 pages), with easy-to-understand vocabulary and structure. Good Reads encourage reading practice, develop reading skills, and increase reading confidence. The list includes works of fiction from best-selling authors like Joy Fielding. There are also non-fiction choices including, *Easy Money*, written by financial literacy expert and TV star Gail Vaz-Oxlade.

HONOURING EXCELLENCE IN ADULT LITERACY

Each year, ABC Life Literacy Canada celebrates the achievements of exceptional learners and practitioners with four annual awards to honour excellence in the areas of journalism, learning centres, workplace literacy and corporate commitment.

For more information about ABC Life Literacy Canada, please visit abclifeliteracy.ca

FAMILY LITERACY DAY

Held annually on Jan. 27, Family Literacy Day was developed by ABC Life Literacy Canada in 1999 to celebrate adults and children reading and learning together, and to encourage Canadians to spend at least 15 minutes enjoying a learning activity as a family every day.

HELPING ADULT LEARNERS MOVE ON

For the staff at Alexandra Park Neighbourhood Learning Centre (APNLC), it's all about helping adult learners move on to "the next step."

APNLC helps learners develop skills in the areas of reading, writing, numeracy, digital technology, self-management and self-direction, and working with others. According to intake worker Katie McLeod, the support doesn't end there. "We also support learners in the process of applying for college and university programs, post-secondary and apprenticeship programs, volunteer positions, and various employment opportunities."

As an intake worker at APNLC, McLeod is the first person new learners meet when they start their programs. "I'm always struck by how incredibly strong they are and how determined to overcome the barriers they've faced and continue to face," she says.

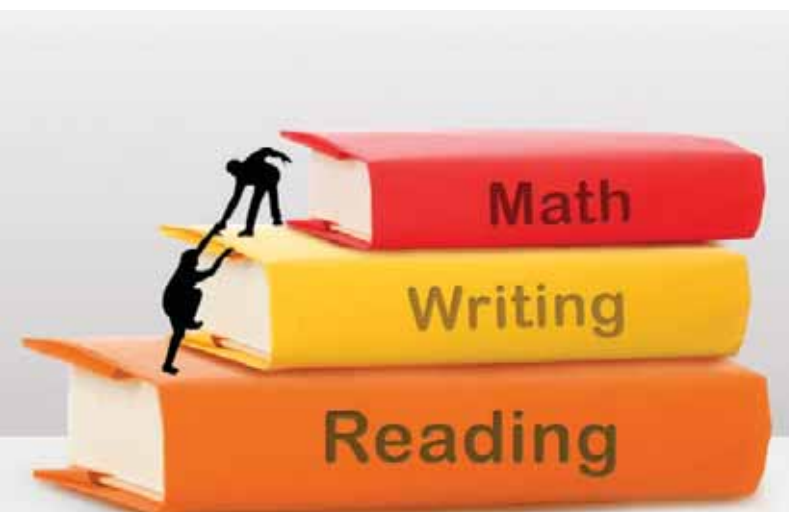
"For many learners, an adult literacy program is the first place where they feel their innate talents and interests are recognized

and encouraged to flourish. It may be the first time they feel excited about learning. Having the opportunity to work in this environment with these people has enriched my life in so many ways," McLeod says. "The adult learners I've met in our program have inspired me to pursue my own path of lifelong learning."

One of the adult learners she has been working with over the past few months is Anne Comrie, who immigrated to Canada from Jamaica 30 years ago. Comrie's goal in taking the literacy program at APNLC is to enhance her skills so she can pursue a college diploma. "The program offers so much," she says. "The support I receive from Katie and others at the centre is helping me enhance my reading, writing and comprehension skills and my computer skills. There are also Money Matters sessions that give valuable advice on how to manage my money." With everything she's learning, Comrie feels more confident about her skills and her prospects for the future.

HOW TO CELEBRATE

Do you need to improve your skills to land your dream job? Are you a new Canadian looking to improve your English language skills? Do you want to get your GED? Contact Literacy Nova Scotia to find a free program that fits your needs. Call 1-800-255-5203 or visit www.ns.literacy.ca.



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Final Four

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the odds to
Wildcats

Sin City casinos are sticking with Kentucky and Ohio State as Final Four favourites and still think the Wildcats have by far the best shot of winning the NCAA title. Odds put out by Nevada casinos after the matchups were set show they think Kentucky — the No. 1 seed overall in the tournament — has a 52 per cent shot at the title despite needing to win two more games, gambling expert RJ Bell of pregame.com told The Associated Press. Casinos believe Ohio State has a 25 per cent chance, Kansas a 15 per cent chance and Louisville an eight per cent chance, Bell said. Kentucky meets Louisville and Kansas plays Ohio State on Saturday.

THE ASSOCIATED PRESS

NFL

Payton
could
'probably'
coach
during
appeal

NFL commissioner Roger Goodell might allow Sean Payton to coach the Saints while he appeals his season-long suspension for his role in the team's bounties program. "I said in a letter they have to appeal by April 2, I believe," Goodell said Monday at the owners' meetings in Palm Beach, Fla. "If he decides to appeal, I probably will allow him to continue and I would expedite the hearing and I would expedite my decision." Payton's agent, Donald Yee, said "no decisions have been made about an appeal" by his client.

THE ASSOCIATED PRESS



Mooseheads forward Martin Frk collides with Moncton Wildcats centre Devon MacAusland during the second period of Halifax's 8-2 win over the Wildcats in Moncton on Monday night. RYAN TAPLIN/METRO

Blowout win puts Mooseheads on the verge of sweep

Moncton mastered.

Four-goal first period propels Halifax to road win in hostile territory with series sweep possible on Tuesday



MATTHEW WUEST

matthew.wuest@metronews.ca

The Halifax Mooseheads already had a formula for playoff success against the Moncton Wildcats. But on Monday night, they perfected it.

The Mooseheads, coming off 5-1 and 4-1 wins in Halifax on the weekend, didn't waste any time leaving the crowd of 4,171 at Moncton Coliseum in stunned silence, scoring four goals in the first period on the way to an 8-2 rout and a 3-0 stranglehold in the QMJHL best-of-seven first-round series.

It all started with a bad bounce for Moncton when Alain Saulnier's penalty-killing clearing attempt went off the skate of an unsuspecting Nathan MacKinnon and into

Quoted

"That's a bad bounce we got. But even if they score, we have to come back from that. We have to keep pushing hard and we got away from that after that goal. We have to play a good first five minutes of the game and show them that we want this."

Wildcats defenceman Patrick Downe, on the opening goal of Game 3 that went off a skate and into his team's net

the Wildcats net just 4:20 in. From that point on, it seemed everything the Mooseheads touched turned into a goal.

"We got some good bounces, but hard work gets those bounces," said Mooseheads defenceman Steve Gillard, who made it 2-0 just two minutes after MacKinnon's goal.

"The majority of the game, we were the hardest-working team out there and you get those bounces when you work hard."

MacKinnon and fellow 16-year-old rookie Jonathan Drouin each had two-goal games, as did veteran captain Cameron Critchlow, who scored twice in the opening 10 minutes of the second period to give the Mooseheads a 6-0 lead.

Although the Wildcats beat

Zach Fucale twice the rest of the way, MacKinnon's icebreaking goal deflated them and they never recovered. It was the second straight hot start for Halifax, which had a 2-0 lead after the first period in Game 2.

"You need those in the playoffs — you've got to have those good starts and set the tone right away," Gillard said. "That's the thing we've done this playoff series and it's helped us, getting that jump right away, and we've got to keep doing it."

The Wildcats trudged to their dressing room in silence after a post-game team meeting, but defenceman Patrick Downe said his team is capable of pulling off a rare comeback starting with a Game 4 win on Tuesday at 7 p.m. in Moncton.

"We've won four in a row

News and notes

- Wildcats forward Ross Johnston was slapped with a two-game suspension for a hit on Mooseheads defenceman Sawyer Hannay in Saturday's Game 2.
- Wildcats leading scorer Alex Saulnier sat out his third straight playoff game because of what head coach Danny Flynn has described as "the flu." He's listed as "day-to-day."
- Mooseheads rookie Nathan MacKinnon is tied for third in QMJHL playoff scoring with five goals and two assists in three games.

before," Downe said. "We've got to believe in ourselves that we can do that. If we play our game, I think we can come back."

That's something the Mooseheads are prepared for. "We know when a team has their back against the wall, they're going to play their best hockey, their hardest-working hockey," Critchlow said. "We just have to be ready for that and take care of business."

Breakthrough

Gillard's highlight- reel goal breaks drought

Steve Gillard looked like he scored 40 of them this season when he buried a highlight-reel goal on Monday night.

In fact, it was the stay-at-home Halifax Mooseheads defenceman's first of the campaign, and also his first in almost three years, ending a goalless drought of 133 games and 898 days.

Gillard, 19, took a feed on the left wing from Andrew Ryan, deftly stickhandled around a sprawled defenceman, and deked to his backhand to burn goaltender Roman Will and score into an open net.

"An absolute beauty," said teammate Cameron Critchlow. "It was worth the wait on that one."

The 19-year-old from St. John's, N.L., scored his only other QMJHL goal in his sixth career game on Oct. 10, 2009.

Named the team's top defenceman in 2010-11, Gillard has appeared in just 15 games this season because of a concussion. Monday marked the fifth game of his comeback from a five-month absence.

In three playoff games, he has a plus-4 rating and is looking more and more at ease.

"I had a hard year, missing most of the season, so (scoring that goal) was nice" Gillard said. "Each game I'm feeling better, more confident, and I feel like it shows on the ice.... My head feels great. I don't even think about it any more."

MATTHEW WUEST/METRO



Steve Gillard

RYAN TAPLIN/METRO FILE



For more local news
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Rainmen hope to build with core of returnees

Blueprint for success.

Re-signing key players from NBL Canada playoff run a priority for Rainmen owner



MATTHEW WUEST

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The Halifax Rainmen are hoping they'll have a solid core of returning players next season.

The Rainmen, who have never retained more than three players from one season to the next, will have the opportunity to protect five players from their current roster according to National Basketball League of Canada rules.

Guards Chris Hagan, Taliek Brown and Joey Haywood as well as forwards Lawrence Wright, Tyrone Levett and Darnell Hudgee will all be considered for those spots, though all of them could receive more lucrative offers from teams in other leagues.

"We obviously want to build around some of these guys because they were a big part of our success," said Rainmen owner Andre Levinston. "We think they can get better in the off-season and we'd like to keep these guys around for as long as possible because championship teams are made of veterans."

The Rainmen came one game short of winning the inaugural NBL Canada championship, falling 3-2 in the best-of-five final to the London Lightning on Sunday.

London's roster features five players — guards DeAnthony Bowden, Brandon Dean and Eddie Smith, forward Tim Ellis and centre Shawn Daniels — who have been together for half a decade, winning



From left, Chris Hagan, Justin Johnson and Eric Crookshank of the Halifax Rainmen look on in the dying seconds of the National Basketball League of Canada championship game on Sunday against the London Lightning.

Quoted

"If we won the championship, Chris Hagan would have been MVP. I don't think there's a guard who had a better championship series than Chris Hagan."

Rainmen owner Andre Levinston

four championships in five years under the guidance of Michael Ray Richardson.

That's the blueprint Levinston is hoping to follow.

"To keep those guys who have won championships together, in the end, played a big part of their success," Levinston said.

Halifax's biggest need, Levinston said, is to add a player similar to the Lightning's Smith, a dynamic, sharp-shooting guard who averaged

17.2 points per game this season.

"We still need that breakdown guy — that guy who can create his own shot when the shot clock is winding down," Levinston said. "We didn't have that (against London) and that's what we're looking for, a good wing guy who can really create shots off the dribble."

The Rainmen's five-man protected list is expected to be due in May.

Analysis

Claros takes job with Mexican national team

Just hours after the Halifax Rainmen's season ended, head coach Josep (Pep) Claros was on a plane to start a new job with the Mexican men's national team.

Rainmen owner Andre Levinston said he'd like to have Claros back for a second season, but it's not clear yet how long the vet-

eran head coach will stay with the Mexican team.

"We'd like to have him back if we could," Levinston said. "He knows our interest and we'll have a conversation about what his plans are and if he wants to come to Halifax." **MATTHEW WUEST/METRO**



Josep (Pep) Claros RYAN TAPLIN/METRO FILE

CONCACAF

Canadian collapse in final minute

Canada moved on to the semifinals but missed out on a chance to clinch first place in its group at the CONCACAF men's soccer Olympic qualifying tournament.

Evan James scored for Canada, which gave up a late goal to Cuba in a 1-1 draw on Monday.

Canada entered the game in prime position to win Group A after a stunning 2-0 upset of the United States on Saturday.

Now Canada will move on to the semifinals in Kansas City. The two tournament finalists qualify for the London Games.

The final group positions were still to be decided with the U.S. and El Salvador also in action. A U.S. win will give the Americans top spot in Group A, meaning a less-favourable semifinal matchup for Canada.

THE CANADIAN PRESS

Blue Jays

McGowan signs extension

Pitcher Dustin McGowan has signed a two-year contract extension with the Toronto Blue Jays, the club announced Monday.

The deal pays him \$1.5 million US per season in 2013 and 2014 with a club option for 2015 worth \$4 million.

He signed a one-year deal in December for \$600,000.

The off-injured 30-year-old missed the 2009 and 2010 seasons and most of 2011 due to shoulder operations. McGowan pulled himself out of a game over the weekend with what was diagnosed as plantar fasciitis. He is currently listed as day-to-day.

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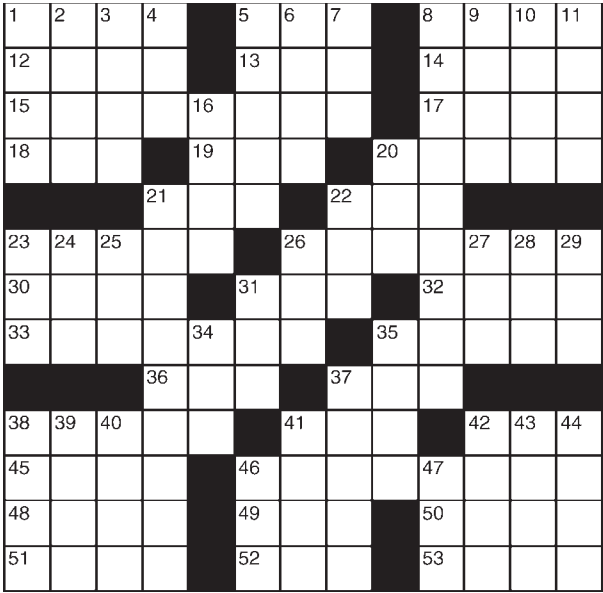
Crossword

Across

- 1 Sweater eater
5 Sinful
8 Robbers' foes
12 Emanation
13 Leading lady
14 Picnic hamperer
15 Medieval launcher
17 "Beetle Bailey" dog
18 Superlative suffix
19 De-pressed
20 "Nonsense!"
21 Upper limit
22 Egos' counter-parts
23 Abrasive powder
26 Belgian —
30 Long car
31 Moving vehicle
32 Greek vowel
33 Befuddle
35 Church musicmaker
36 Chicago team, for short
37 Mimic
38 Off-spring
41 Winter ailment
42 Frequently, in verse
45 Corporate symbol
46 Goalpost piece
48 PC maker
49 Clumsy sort
50 Long sandwich
51 Lincoln in-law
52 Mel of Cooperstown
53 Watched

Down

- 1 Spiked club
2 Not just mine
3 Race-horse's gait
4 Owns
5 Jazz style
6 Acknowledge

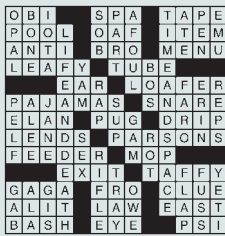


- 7 Morning moisture
8 Rapid exchange of words
9 Inauguration recitation
10 Pocket bread
11 Frosty's makeup
16 Do in
20 Sharable file
21 Arthur Wynne creation
22 Author Fleming
23 Sprite
24 Wire measure
25 Ostrich's cousin
26 1940s headline word
27 Journal
28 Schedule abbr.

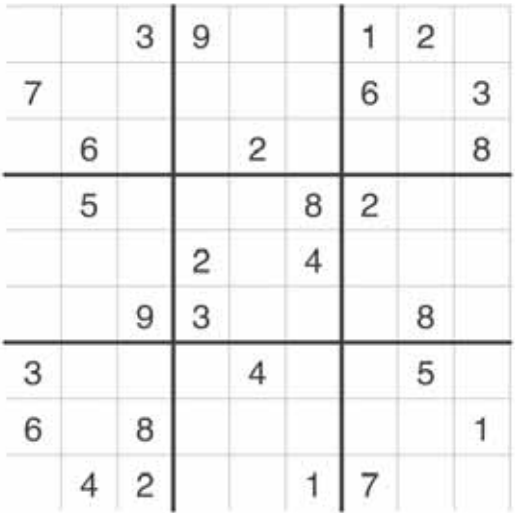
- 29 — Diego
31 Irritate
34 Heavy weight
35 Piece of work
37 Soaring
38 Bed-frame piece
39 Somewhat, to the maestro
40 Worn
41 "Animal House" house
42 Do as you're told
43 Passenger's payment
44 Walked (on)
46 Bill and —
47 That woman

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Send a kiss

- To Music.** if not for music, and its healing purposes as well as other methods. Music is by far the best route. To experiencing new magic at new beginnings, to knowing what it feels like in leaving. To each and every day — music is by far the best medicine for the soul besides praying to a higher power! good night everyone and hug someone it feels good, or smile — that feels good too. if all alone, you're not completely all alone! Wow, that was the longest, darkest tunnel ever crawled thru! There is the light! No, am not paying attention to past posts! am doing own thing.....Rock n Roll. From Music Lover
- Wish/Wash.** You can hold your convictions but you know that when you see me next, you're going to shatter. From True/Steady
- You Missed.** You'll get all you want if you go after it again. From Will
- Josh's friend.** You sound cute! Tell Josh that if I wasn't hopelessly in love with him, I might date you! Tell 'em my phone number is listed under "interests" on LinkedIn. From Julie

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Horoscope

Aries | March 21 - April 20.

Think about your next move, but don't make it yet.

Taurus | April 21 - May 21.

Stay calm and refuse to panic. It may appear as if your world is being turned upside down but you should know by now that appearances are often deceptive.

Gemini | May 22 - June 20.

Someone who does not share your open and optimistic way of looking at the world will challenge your viewpoint today, but you don't have to prove anything to anyone.

Cancer | June 21 - July 22.

Start laying the groundwork for your future success.

Leo | July 23 - Aug. 22. So

many changes are happening in your world that you can, if you wish, make a few major changes of your own.

Virgo | Aug. 23 - Sept. 22.

Make a conscious effort to check the small print of everything you are working on today, especially if there is money involved.

Libra | Sept. 23 - Oct. 22.

Do you know what you want? And do you believe you are capable of getting it? If the answer to both those questions is "yes" then you will begin to experience real success.

Scorpio | Oct. 23 - Nov. 21.

It's time to start tackling all those things you have been avoiding.

Sagittarius | Nov. 22 -

Dec. 21. If you need to say something of a delicate nature to a friend or family member, now is the time to speak up.

Capricorn | Dec. 22 - Jan 20.

You may feel rather left out of things at the moment but in a way that's a good thing because it gives you time to think.

Aquarius | Jan. 21 - Feb 18.

Treat yourself to some quiet "me time" away from the rat race. You've earned it.

Pisces | Feb. 19 - March 20.

What other people see as a crisis doesn't bother you in the slightest. Why? Because you can see that, in the greater scheme of things, it is of no real importance. SALLY BROMPTON



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"I've heard winning by a noise ... but never a toe!!"
Nancy

VINCENT THIAN/THE ASSOCIATED PRESS

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